

COPING SKILLS WE CAN USE AT HOME

TIMES MAY BE SCARY, BUT WE HAVE EACH OTHER AND WE WILL ALL BE OK.

TAKE A DEEP BREATH

When the world is coming at us, it can be hard to be aware of what is going on, and what we can do.

Take a deep breath, in through your nose and out through your mouth. Try to breathe in for 5 seconds, and out for seven. Keep your eyes closed and focus on nothing but your breathing.

When everything moves so quick it can be hard to know we are in control, take control of your breathe, and try to clear your head.

TAKE A DEEP BREATH

Use singing bowls or other calming sounds to help clear your head.

Allow yourself to focus on nothing but the ringing of the bowls, close your eyes and breathe in when you hear the bowl beginning to ring and exhale slowly. Keep your eyes closed until you no longer hear the ringing, and repeat.



TAKE A DEEP BREATH

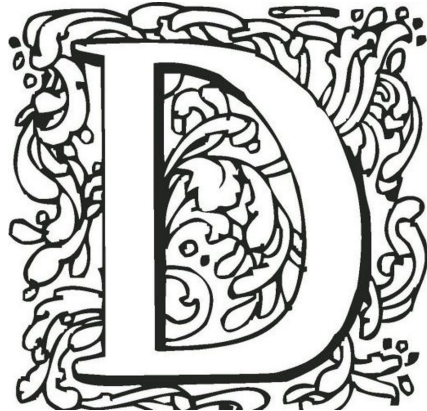
Try a guided mindful moment like the one below. Often we don't take the time to assess how we're feeling. Take this time to guide yourself and your breath to be able to take account of what we have and be aware that as scary as things are we have each other for support.



TAKE A DEEP BREATH

Art can be a soothing activity, print some pages to color, taking breathes between each shape we fill in. At the posted link and others, are free printable pictures for all ages we can use to slow down and decompress.

<https://coloringhome.com/teenage-coloring-pages-free-printable>



TAKE FIVE BREATHING

An easy and excellent way to guide ourselves through a stressful moment is to take five deep breaths. Start with your left hand up and place your index finger of your right hand at the base of your left pinky. Slowly trace your hand gently, breathing in as you go up a finger and out as you go down.



GROUNDING

Grounding is a mindfulness process we can use to help ourselves calm down and be aware of what is around us. In this process we go through five steps, by finding:

5 - things we can see

4 - things we can hear

3 - things we can feel

2 - things we can smell

1 - thing we can taste

Taking deep breaths throughout the process.

BEING CALM WITH OUR FAMILIES

It can be hard to know what to do during a time like this but these are some activities we can do with loved ones to separate with the world:

Play board games

Complete puzzles

Read together

Cook together

There are many activities we can complete with loved ones that make us smarter and focus on what is important.

EXERCISE

When we are able to, some exercise can help clear our minds and focus on other things. We may not want to go to the gym for a bit, but going for a walk in spacious airy places can be a nice way to clear our heads, and some others may include:

Riding our bikes

Stationary exercises (pushups and sit ups, etc.)

Guided yoga videos are accessible on youtube for all ages

Mental exercise is helpful as well, with crosswords, word searches and sudoku, most available online and printable.