

STOP!

BREATHE

- 5 things you can see
- 4 things you can hear
- 3 things you can touch
- 2 things you can smell
- 1 thing you can taste

BREATHE DEEPLY

You are not alone!
Reach Out, Connect, Get Help



NAMI Ending the Silence

National Alliance on Mental Illness

positive coping strategies

take a deep breath
go for a walk
play with a pet
color or paint
hang with a friend
call/text/zoom with
a friend

positive coping strategies

watch a movie/tv show
take a long, hot bath
draw/doodle
exercise/play sports
dance
go to the park
listen to music

positive coping strategies

journal/write poetry
volunteer
play team video games
meditate
give someone a hug
play with playdoh or
silly putty

positive coping strategies

positive coping strategies

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