

When life feels rainy and difficult, grab
an umbrella and use your

COPING SKILLS!



Release Tension

Stretch Breathe Rest Exercise

Affirm Yourself

Think positive, kind thoughts to yourself
like "I know I can handle this!"

Interact with Others

Hang out with someone, even if it is
"virtual"

New Environment

Physically move to a different
location for a change of sensory
input