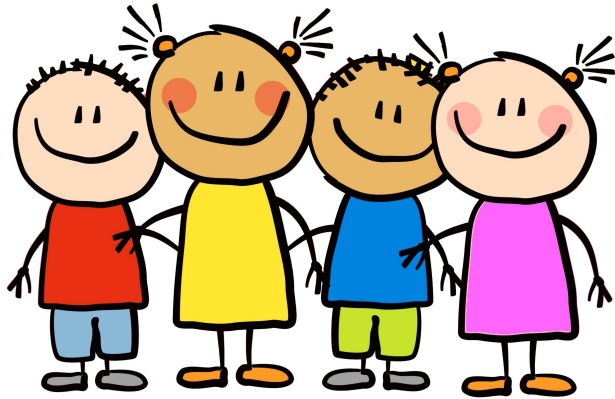


FEELINGS AND POSITIVE COPING SKILLS



1



*It's okay and important to
feel all types of feelings.*



How are you feeling today?



Happy



Sad



Hungry



Surprised



Sleepy



Sick



Angry



Nervous



Unsure



Silly



Annoyed



Scared

Some feelings can feel
too big to handle, and
you might not know
what to do



*It is important to do
healthy things to take
care of these big
feelings.*

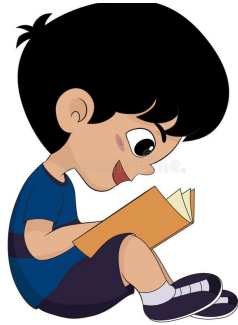


*These healthy things
are called positive
coping skills.*

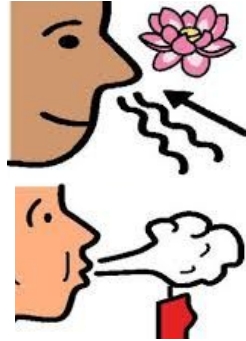
Here are some positive coping skills, or things I can do when I'm upset.



Draw



Read



Deep breaths-
Breathe in
through nose,
out from mouth.



Ask for a hug



Count to 10

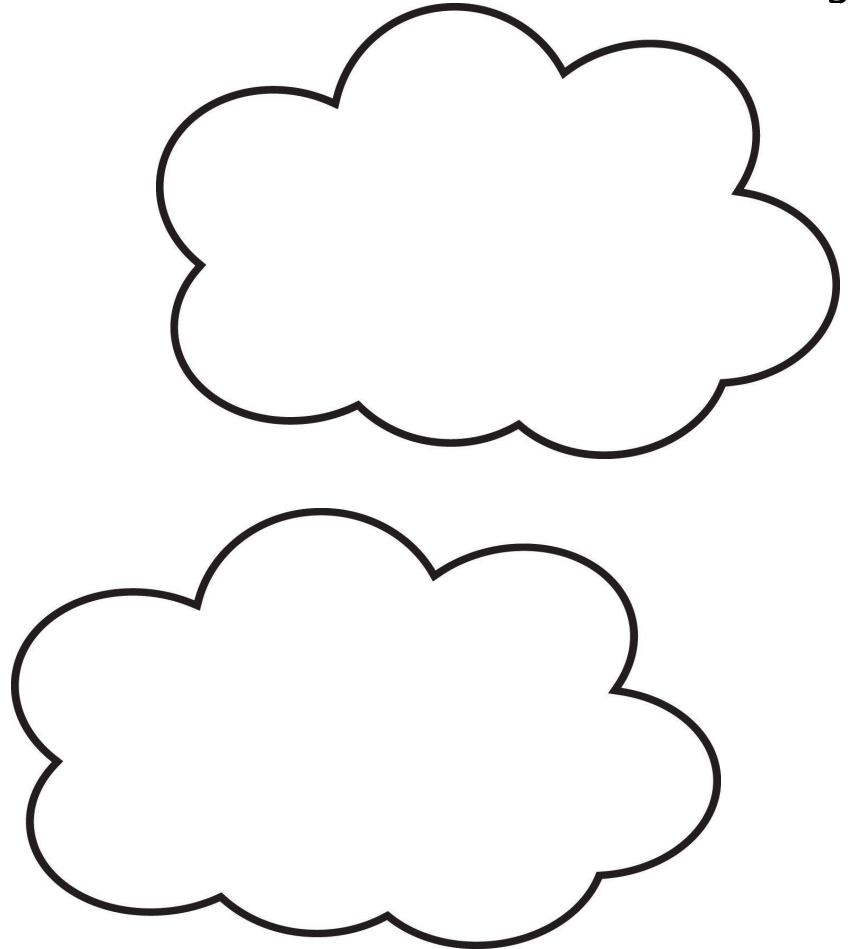
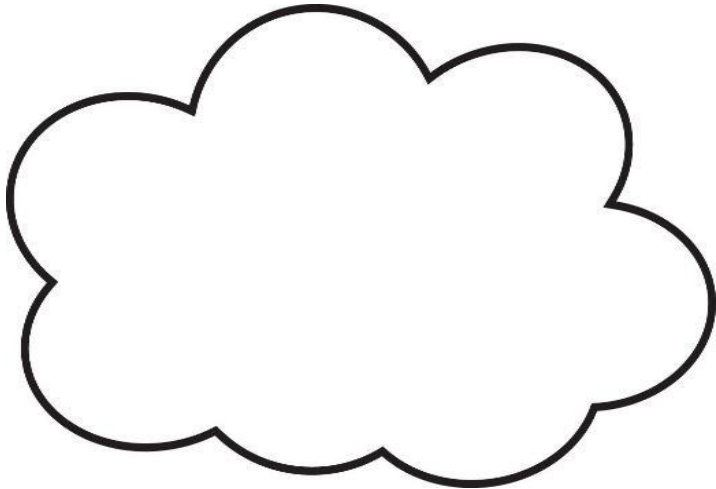


Think happy
thoughts



Do yoga

*Fill in the clouds with
coping skills you will use
when you need to. You can
make up your own ideas too!*



If things are really tough and you feel panicked: Find five things you can see, four things you can touch, three things you can hear, two things you can smell and one thing you can taste. This is called grounding.



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And don't forget, you can also just take a deep breath!





THERAPISTS FOR ARMENIA

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TherapistsforArmenia@gmail.com



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