



“Emotion on the Ocean”

Here are twelve ways of coping which might be help to you...

 <p>Breathe slowly</p>	 <p>Happy place</p>	 <p>Smell something nice</p>	 <p>Believe in yourself</p>
 <p>Talk to a friend</p>	 <p>Worry knot</p>	 <p>Get physical</p>	 <p>Happy music</p>
 <p>Calming sounds</p>	 <p>Enjoy the moment</p>	 <p>Laugh out loud</p>	 <p>Go outside</p>