

Twelve ways of coping...

Here are 12 ways of coping which might be help to you...



The first way of coping that might be help to you...**breathe slowly**

(partridge in a pear tree)

The second way of coping which might be help to you...**have a happy place**



(2 turtle doves)

The third way of coping which might be help to you... **smell something nice**



(3 french hens)

The fourth way of coping which might be help to you...**believe in yourself**



(4 calling birds)

The fifth way of coping which might be help to you...

Talk to a friend (5 gold rings)



The sixth way of coping which might be help to you...**squeeze a worry knot**



(6 geese a laying)

The seventh way of coping which might be help to you...**get physical**



(7 swans a swimming)

The eighth way of coping which might be help to you...**make some happy music**



(8 maids a milking)

The ninth way of coping which might be help to you...**hear some calming sounds**



(9 ladies dancing)

The tenth way of coping which might be help to you...**just enjoy each moment**



(10 lords a leaping)

The eleventh way of coping which might be help to you...**laugh out loud**



(11 pipers piping)

The twelfth way of coping which might be help to you...**go outside**



(12 drummers drumming)