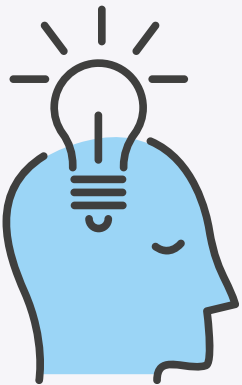
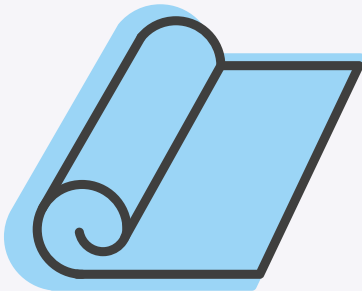
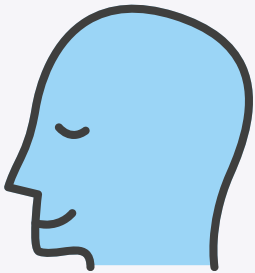
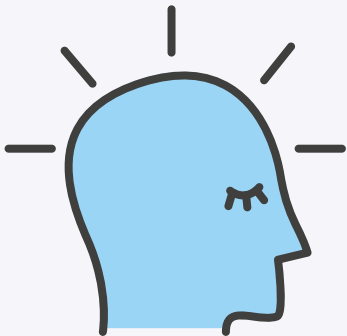


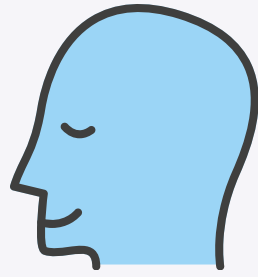
Welcome to our tenth and final
topic of the Mental Health
Matters Series:
Coping Skills



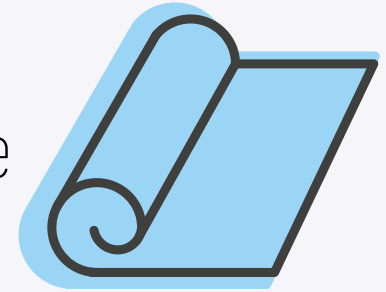
**COPING SKILLS
MATTER**



practice
mindfulness



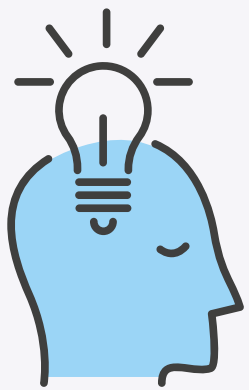
exercise and move
your body



write down your worries



allow all feelings



recognize
unhelpful thoughts

COPING SKILLS

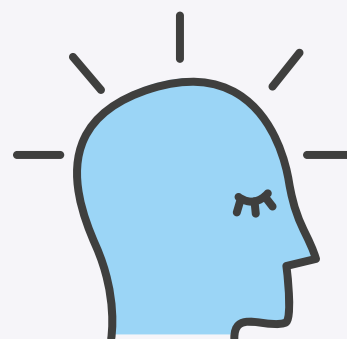


use progressive
muscle relaxation

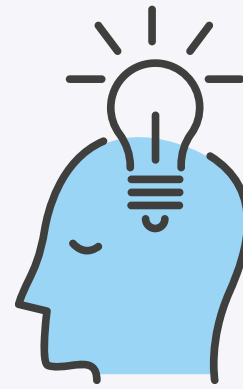
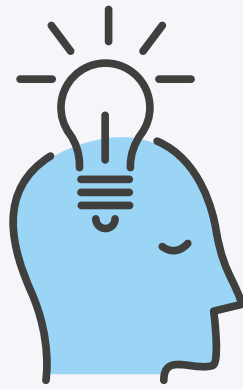


practice deep
breathing

talk it out with a
trusted support



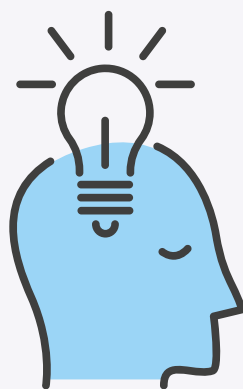
practice having a
growth mindset

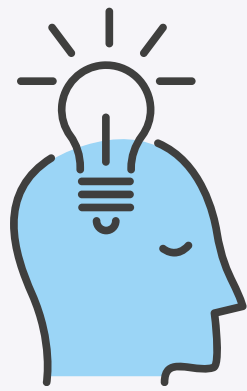


Teaching and modeling coping strategies
early and often is essential

Provide time and space to ***regularly***
practice coping strategies

It is ***never too late*** to ***add new*** coping
strategies



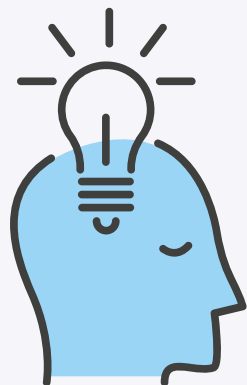


Interested in reading more about coping strategies?

Check out these resources below:

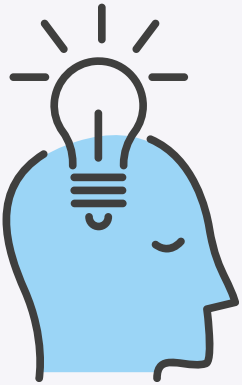
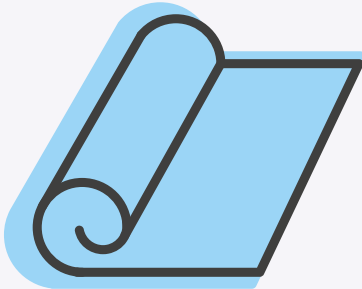
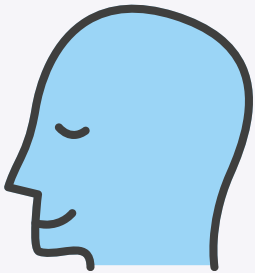
<https://childmind.org/article/how-to-model-healthy-coping-skills/>

<https://www.childrenscolorado.org/doctors-and-departments/departments/psych/mental-health-professional-resources/primary-care-articles/pediatric-coping-skills/>



MENTAL HEALTH MATTERS SERIES - TOPIC TEN

Content Created
By Tara Allert, EdD, LPC, SAC
Gundersen Health System
Therapist



COPING SKILLS
MATTER

