


A TO Z OF COPING SKILLS

A ASK for help	B BREATHE deeply and slowly	C COUNT forwards or backwards	D DRINK some cold water
E EXERCISE run, jump, skip, kick a ball or walk fast	F FIND a safe place	G GO to your happy place	H HUG a friend or family member
I IGNORE people who are annoying you	J JOKES to help you laugh	K KIND hands. Keep them to yourself	L LISTEN to calming music
M MEDITATE use yoga or mindfulness	N NAME the emotion you are feeling	O OBSERVE Use mindfulness techniques	P PAINT your feelings
Q QUESTION your thoughts	R RUN as fast as you can	S SEPARATE yourself from the situation	T THOUGHTS negative to positive
U USE your safe place	V VOICE your concerns	W WRITE down your feelings	X EXHALE breathe out your feelings
 ELSA support www.elsa-support.co.uk	Y YELL as loud as you can into a pillow	Z ZONE out and relax yourself	