

# Positive coping mechanisms for big emotions

breathing exercises



eat your favorite food



hang out with friends



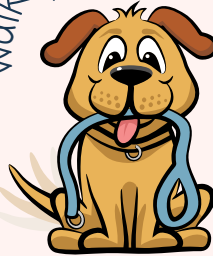
exercise



play instruments



walk your dog



read a book



make art



take some alone time



sing or dance

