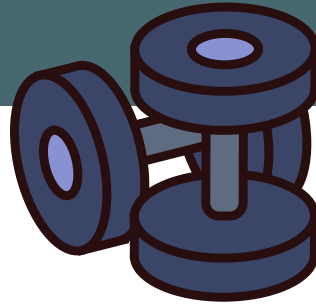
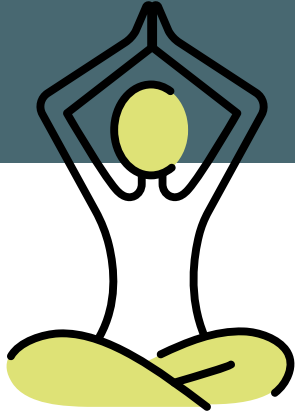


COPING SKILL TOOL BOX



Coping skills are things we can do to help to feel better when we are upset. It works best when we have a "tool box" of coping skills to use. That way if one skill does not work, or is not handy, then we have lots of others to choose from. Our coping tool box helps us to stay in control!

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