

Coping Strategies in the Zones

Coping strategies

Talk to someone
Stretch
Take a brain break
Take a walk
Close my eyes

Coping strategies

Talk to someone
Count to 20
Take deep breaths
Squeeze something
Take a brain break
Draw a picture

Coping strategies

Stop and think
Make sensible choices
Take deep breaths
Ask for a break
Find a safe space
Ask for help

Everything is OK when we are
in the Green Zone