

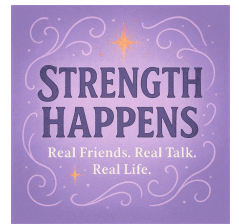
A stack of several books is positioned on the left side of the image, resting on a light-colored wooden surface. The books have various colored spines, including maroon and tan. The pages of the top book are slightly fanned out, showing some text. The background is a soft, out-of-focus greyish-blue.

Coping Happens

A Practical Guide

from the Strength Happens Podcast

Coping Skills



Physical Coping Skills

☐

☐

☐

☐

☐

☐

☐

☐

☐

☐

Social Coping Skills

Cognitive Coping Skills

Other Coping Skills

☐

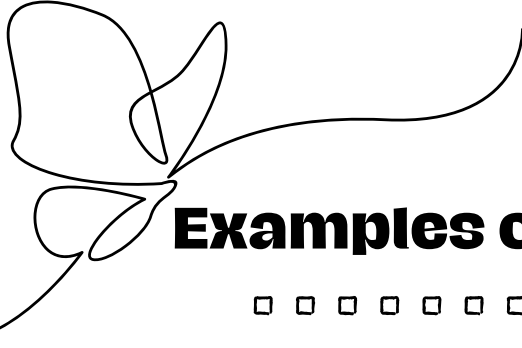
☐

☐

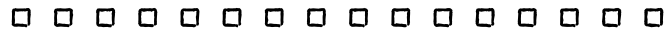
☐

☐





Examples of Coping Skills



Physical Coping Skills

- Exercise (job, hike, workout at the gym)
- Eating healthy
- Adequate sleep
- Yoga
- Taking a hot bath

Social Coping Skills

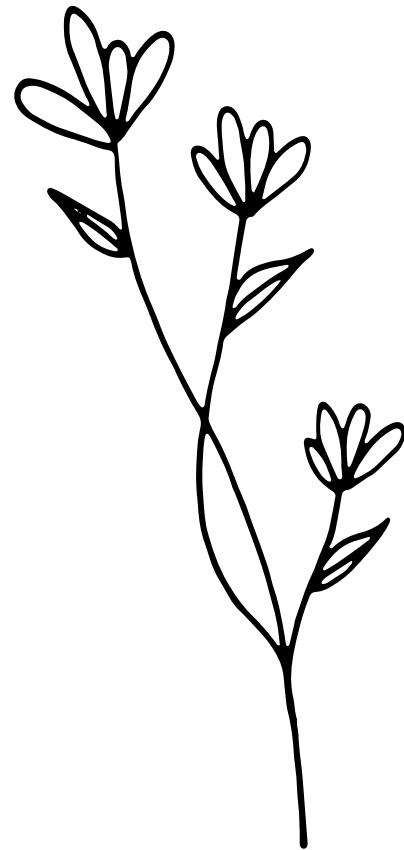
- Reach out to a friend
- Join a support group
- Ask for help
- Volunteer with a group you enjoy

Cognitive

- Visit a counselor
- Mindfulness
- Journaling
- Positive affirmations
- Goal setting
- Take a class

Other

- Read a book
- Listen to a podcast
- Relaxation Techniques
- Visit a comedy show/concert/event
- Explore a new hobby



30 DAY Self-Care Challenge



Create vision board

[illegible]

Self Care *Planner*

Ask yourself, how do I feel today
and what do I need?

Date:

M T W T F S

My self-care goal:

Self Care Things

Note to myself

Top priorities

List of things to appreciate

<input type="radio"/>	<hr/>	<input type="radio"/>	<hr/>
<input type="radio"/>	<hr/>	<input type="radio"/>	<hr/>
<input type="radio"/>	<hr/>	<input type="radio"/>	<hr/>

When I feel:

I need:

Things to Think About



"Self-care means
giving yourself
permission to pause."
- Cecilia Tran

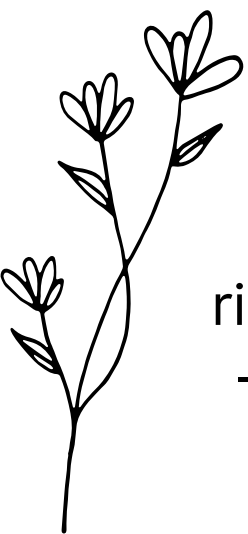
Strong people
ask for help.

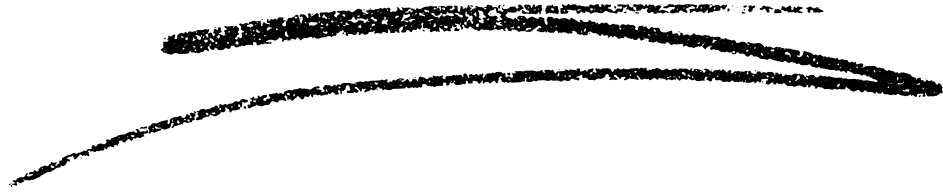
"We didn't get strong
by doing it all.
We got strong by
stopping when we
needed to."
-Strength Happens

"Self-compassion is simply
giving the same kindness
to ourselves
that we would give to
others."
- Christopher Germer

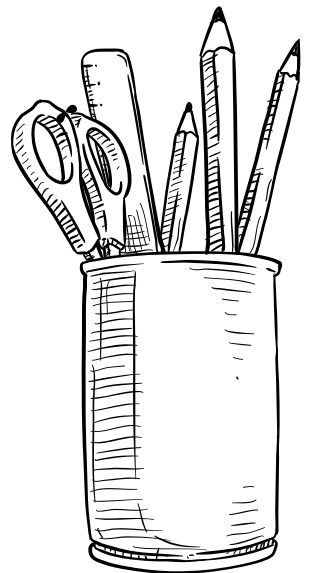
You can't pour from
an empty cup.

There's no
right way to cope
--just your way,
today.





Creativity and Coloring

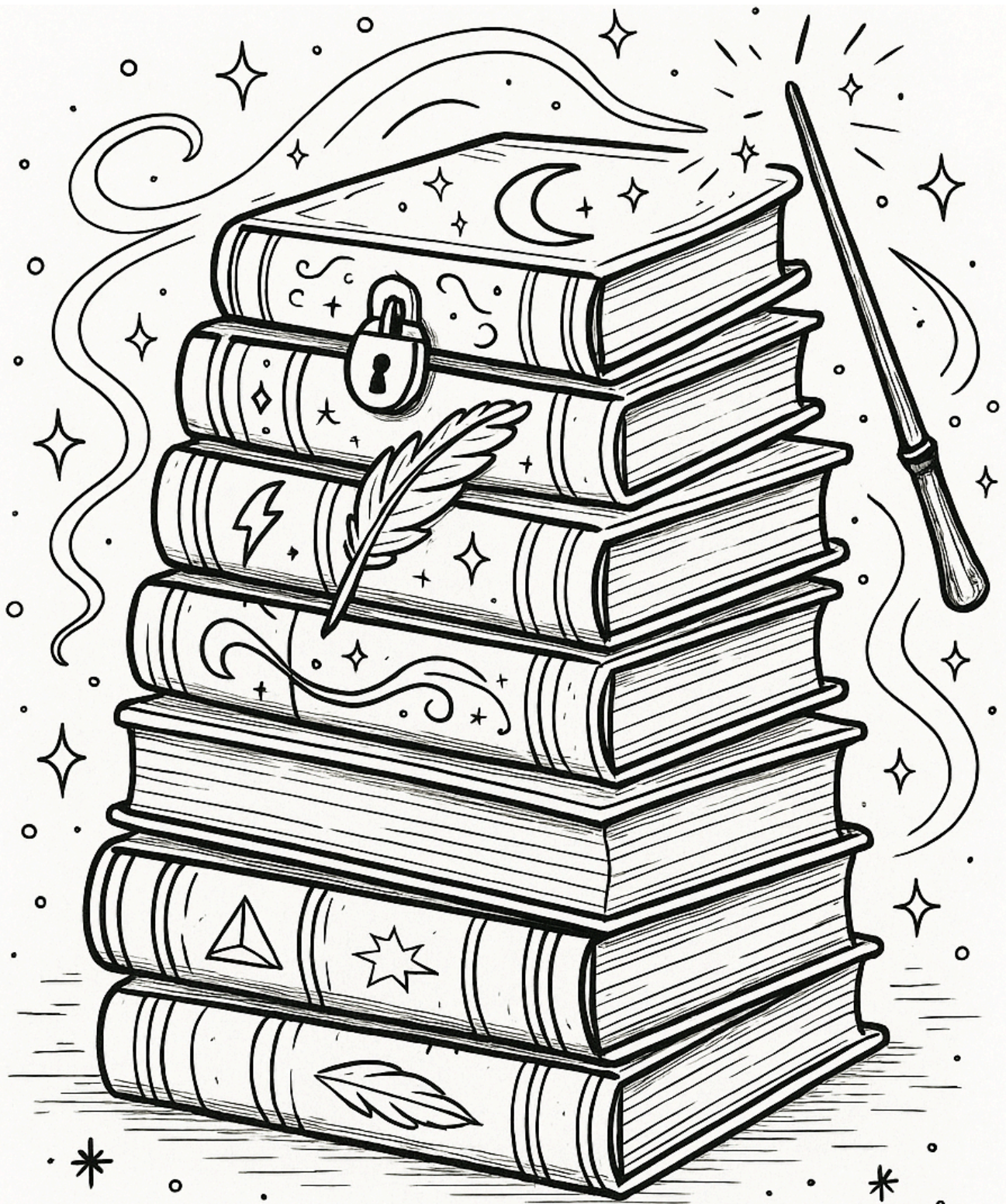


[illegible]

[illegible]

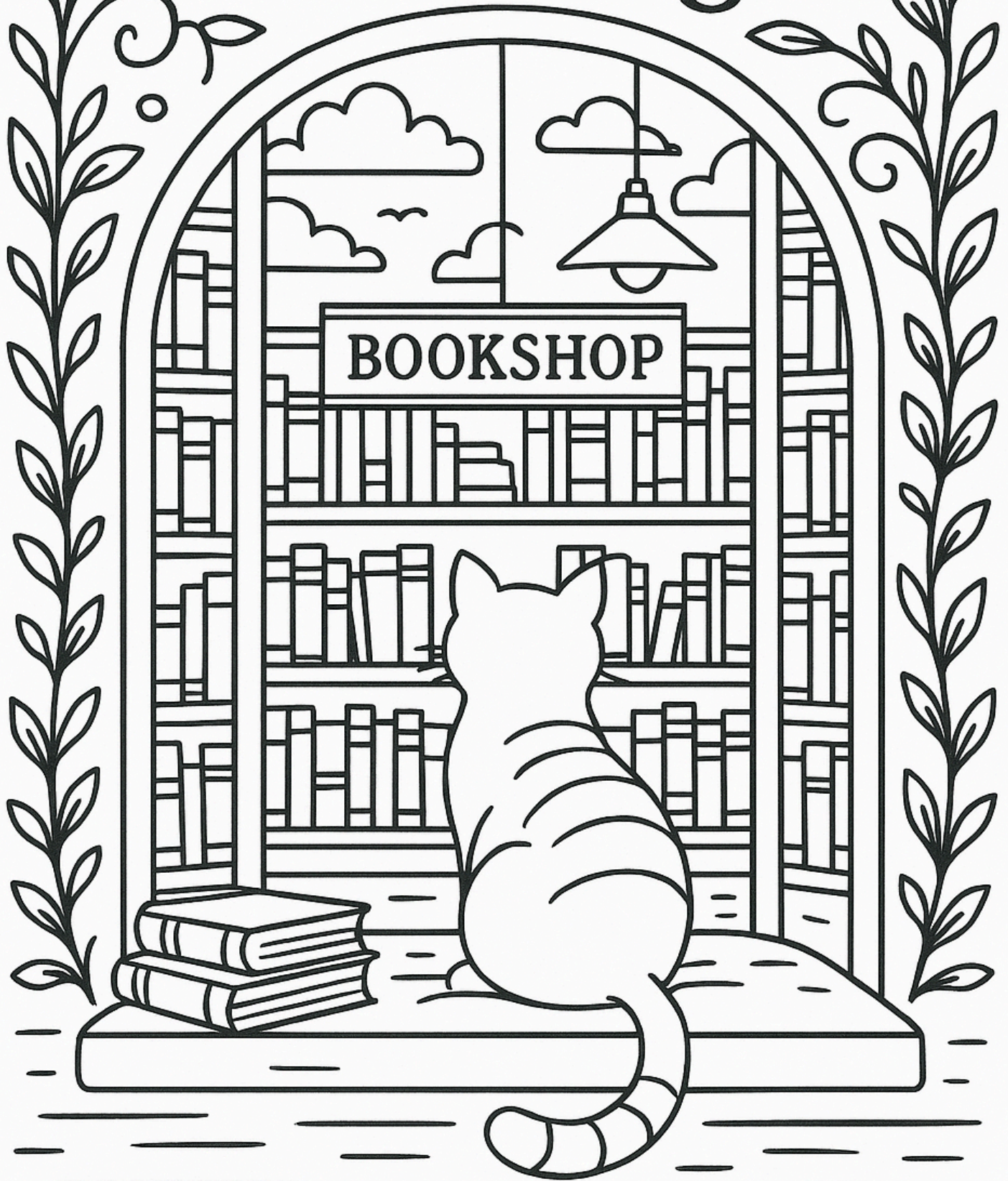


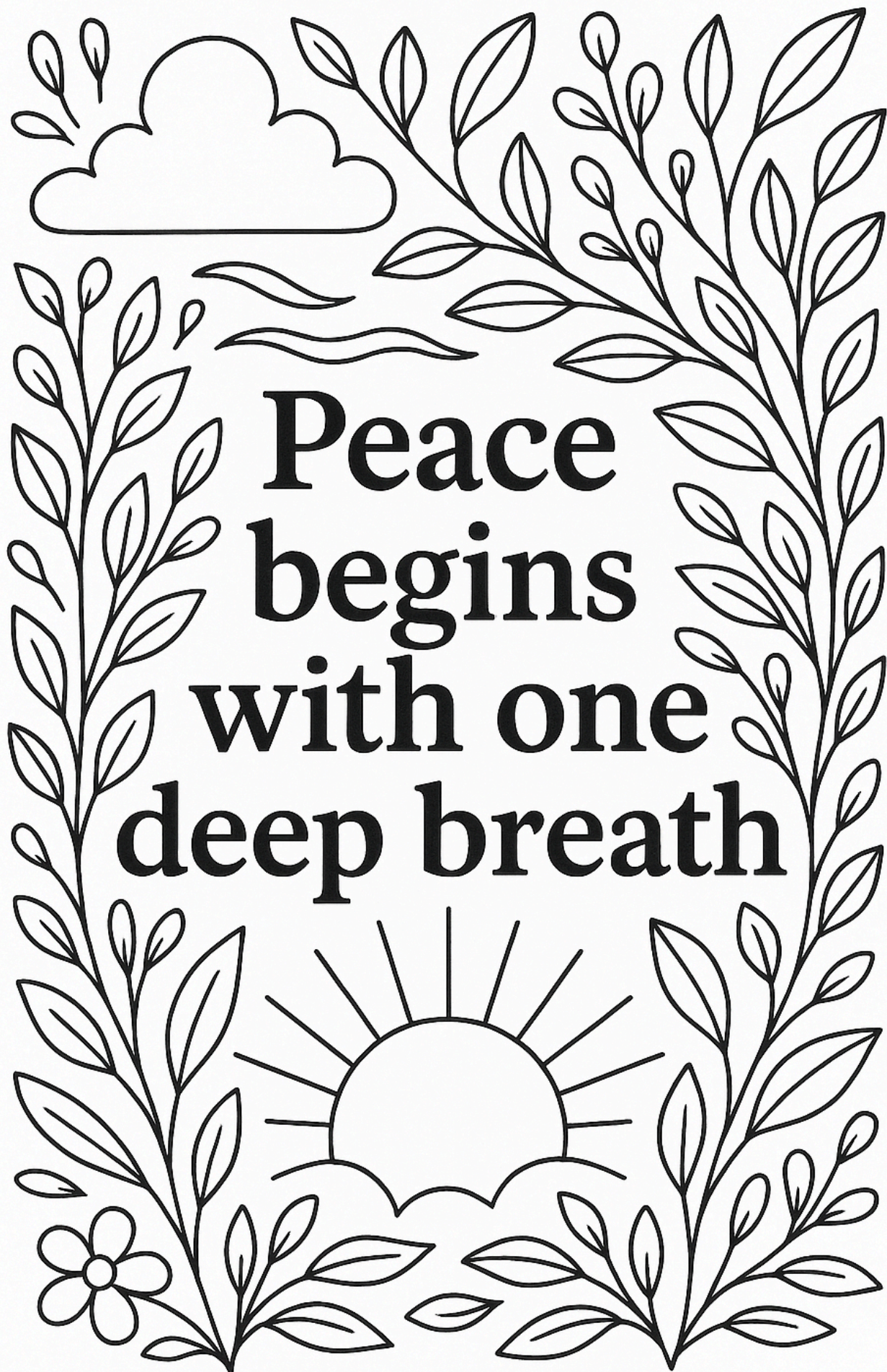
**I trust
myself
to
navigate
this**



**I HAVE THE POWER
TO WRITE
MY OWN STORY**

**Stillness
is a strength**



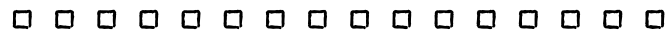


**Peace
begins
with one
deep breath**

**“I allow space
for joy**



Resources



- **Caregiver Action Network (CAN):** provides access to forums, information and a community for caregivers. <https://www.caregiveraction.org/>
- **Federation for Children with Special Needs:** provides information, support, and assistance to parents of children with disabilities, including access to information on early intervention, special education, and healthcare. <https://fcsn.org/>
- **National Alliance on Mental Illness (NAMI):** is the nation's largest grassroots mental health organization. NAMI is dedicated to building better lives for the millions of Americans affected by mental illness. Resources include: mental health education, support groups, research, and the NAMI helpline: 1-800-950-NAMI (6264). <https://www.nami.org/>
- **Online Parent Forums:** Facebook, Instagram, TikTok and other online platforms offer a variety of informal and formal support groups for parents with children with disabilities. Find a community that works for you.
- **Parent to Parent (P2P):** empowers and supports parents, nationwide. They are dedicated to supporting families of children with special health care needs. <https://www.p2pusa.org/>
- **Substance Abuse and Mental Health Services Administration (SAMHSA):** is an agency within the U.S. Department of Health and Human Services that leads public health efforts to advance the behavioral health of the nation. SAMHSA's focus is on improving the quality and availability of treatment and rehabilitative services for substance abuse and mental illness. They have numerous resources for families and caregivers and also have a free helpline - 1-800-662-HELP (4357) <https://www.samhsa.gov/>
- **The Halle Grace Foundation:** is a non-profit that works to educate medical professionals on pediatric disabilities and the impact on the child and families. They also offer numerous resources and supports to families and work to empower young people living with disabilities. <https://www.thehallegracefoundation.org/>

