



NOTICE: I understand my stress

Handwriting practice lines for the first section.



NOTICE: Where do I hold stress?

Handwriting practice lines for the second section.



REFRAMING my stress

Handwriting practice lines for the third section.



Stress Management Tips

- Stay socially connected
- Talk about your feelings with someone
- Remember your strengths
- Mindfulness - centering - spirituality
- Do something nice for someone else
- Have a PLAN - be prepared



Ways to Reduce Stress

- Sleep - fitness - healthy eating
- Make a pick-me-up playlist
- Breathing techniques and meditation
- Get out in nature
- Write about it - Journaling
- Practice gratitude



7 C's

- I didn't **CAUSE** it
- I can't **CURE** it
- I can't **CONTROL** it
- I can't **CHANGE** it
- Yet, I can have **COURAGE, COMPASSION & I can COPE!**

I CAN COPE!

Handwriting practice lines for the 'I CAN COPE!' section.

IN AN EMERGENCY

National Suicide Prevention Lifeline
1-800-273-TALK (8255)

Crisis Text Line
Text 4HOPE to 741-741

OhioMHAS Support Careline
1-800-720-9616

SAMHSA Disaster Distress Helpline
1-800-985-5990