



Coping and Calm Down Strategies During Remote Learning

*****When you notice yourself feeling anxious, overwhelmed or stressed, please use the strategies below:**

1. Go for a run or walk for at least 30 minutes
2. Get some rest/take a nap
3. Talk to a trusted adult or a friend
4. Journal or write down how you are feeling
5. Take a break to watch a funny Youtube video clip or short T.V. show
6. Take a shower or bath
7. Listen to an uplifting podcast
8. Try a mindfulness exercise using an app (ex. Stop, Breathe, and Think)
9. Read a book or magazine for pleasure
10. Listen to music....maybe even a dance party
11. Draw, doodle or craft
12. Read an inspirational quote
13. Spend time with your pet
14. Do something nice for someone else
15. Aromatherapy
16. Use a weighted blanket
17. Eat a snack