

Coping Slips

Write each of your coping skills down on a slip of paper and then throw them all in a hat (or jar, a box, etc.) When you're feeling bad, reach in, grab a coping skill, and rely on destiny. This can help when you're feeling really overwhelmed and aren't sure what to try next.

Journal	
Look at the Tips and Tools on www.yourlifeyourvoice.org	
Watch TV	
Talk to a friend	
Scribble	
Call Boys Town Hotline 24/7/365 1-800-448-3000	
Take a hot shower	
Pray	
Clean my room	
Try the free My Life My Voice App	
Take a walk	
Text VOICE to 20121	

YOUR *Life* YOUR *Voice*

www.yourlifeyourvoice.org