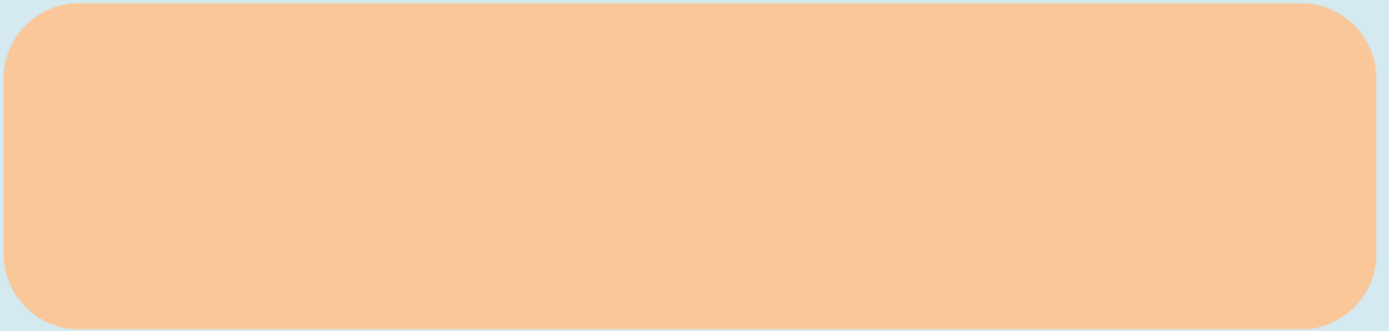

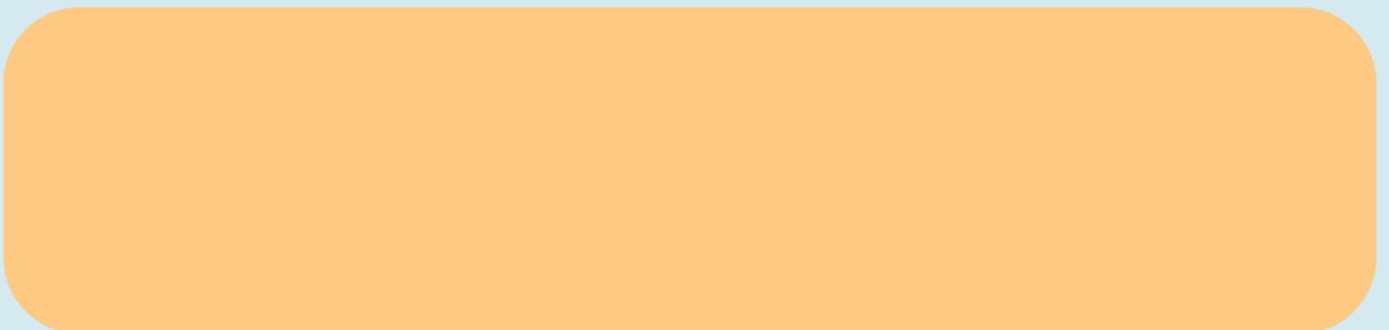
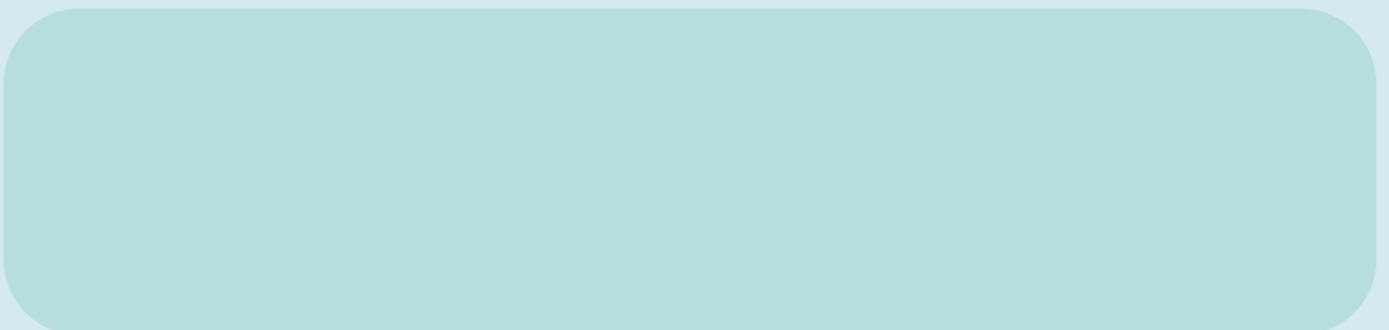


# My Coping Skills

Write down some health ways to cope with your feelings

A large, horizontal, rounded rectangle with a solid orange color, intended for writing a coping skill.A large, horizontal, rounded rectangle with a solid teal color, intended for writing a coping skill.A large, horizontal, rounded rectangle with a solid yellow color, intended for writing a coping skill.A large, horizontal, rounded rectangle with a solid orange color, intended for writing a coping skill.A large, horizontal, rounded rectangle with a solid teal color, intended for writing a coping skill.