



## Positive Coping Mechanisms

**Pick 3 items from the list below to manage stress and improve your mental health. Practice over the next week.**

- **Engage in physical activities**—helps increase endorphins, which in turn can improve mood.
- **Getting a good night's sleep**—when tired, you are less able to handle stress.
- **Talking to a trusted friend or adult**—being able to talk to someone about stressful situations is one of the most important coping mechanisms; it allows you to get things off your chest, identify and talk about your emotions, and problem solve with another person.
- **Listening to calming music**—helps you relax and takes your mind off things.
- **Practicing yoga and meditation**—helps you become more peaceful. Studies show that meditation may help relieve the symptoms of depression.
- **Taking a bath**—helps your mind and your body relax.
- **Reading a book**—takes your mind off the stressful situation.
- **Journaling**—helps you verbalize your emotions and provides an opportunity to problem solve.
- **Laughing**—helps diffuse the stressful situation by looking at it from a more positive perspective.
- **Spending time with friends**—helps take your mind off the stressful situation and can provide an opportunity to talk about it. Use video chats if you can't see them in person.
- **Punching a pillow**—a good way to get rid of the tension and frustration that stressful situations can give rise to.
- **Starting a new hobby**—a good way to do something fun to counterbalance the stressful situation.

Check out [www.ErikasLighthouse.org/Together](http://www.ErikasLighthouse.org/Together) for practical, easy to implement tools.

If you need to speak with someone immediately, please text LISTEN to 741-741 or call 1-800-273-8255.  
If this is an emergency, please call 911.