

# EVIDENCE BASED COPING SKILLS

**Humor**

**Relaxation**

**Spirituality**

**Adjusting Expectations**

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**Pets**

**Nutrition**

**Physical Exercise**

**Make To-Do Lists**

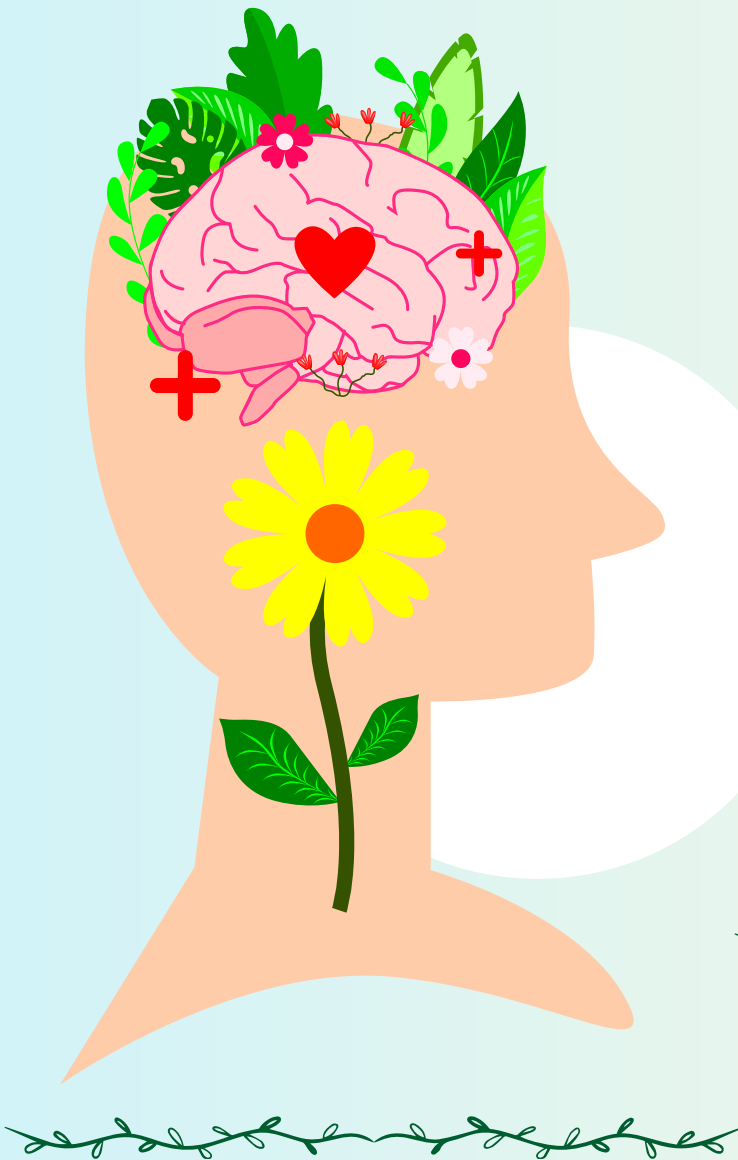
**Sleeping (More or Less)**

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**Mindful Problem-Solving**

**Seeking Support**

**Venting (In Moderation)**



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**Alone Time**

**Meditation**

**Connect With Nature**

**Grounding Exercises**

**Journaling**

**Therapy**



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