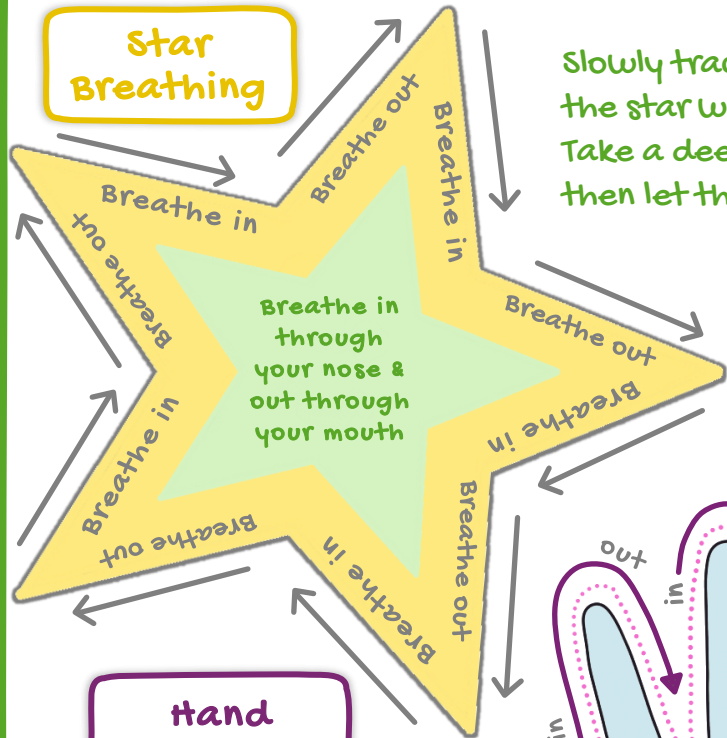


MY COPING TOOLBOX

Relaxation Tools

Star Breathing



Slowly trace the sides of the star with your finger, Take a deep breath in & then let the breath out

Repeat until you feel relaxed

Hand Breathing

Trace the outline of your hand

Breathe in slowly as you trace upwards

Then breathe out slowly as you trace downwards



Was this coping tool helpful?

1



Very helpful for me

2



3



4



5



A little helpful for me

6



7



8



9



10



Not helpful for me

Will I use this tool again?

Yes

No

Why?

If you said yes, tear out the square, & add it to your toolbox!

Use a



relaxation tool