

Coping Slips

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

Directions: Fill in the blanks with your own coping skills, print, cut and put in a container.

Journal	
Read Articles on www.yourlifeyourvoice.org	
Watch TV	
Talk to a Friend	
Scribble	
Call Boys Town Hotline - 1-800-448-3000	
Take a Hot Shower	
Pray	
Clean Your Room	
Try the My Life My Voice App	
Take A Walk	
Text VOICE to 20121 (6p-midnight CST)	