



How to Deal When Life Hits Hard Healthy Coping Strategies

Create an expression of your feelings, or something beautiful, or something you've seen before.

- Pain Sculpt
- Write Music
- Blog
- Write Poetry
- Take Photographs
- Make a Collage
- Write Lyrics
- Make a Webpage
- Design jewelry, cars, houses, clothes...
- Scrapbook
- Create a soundtrack or cd

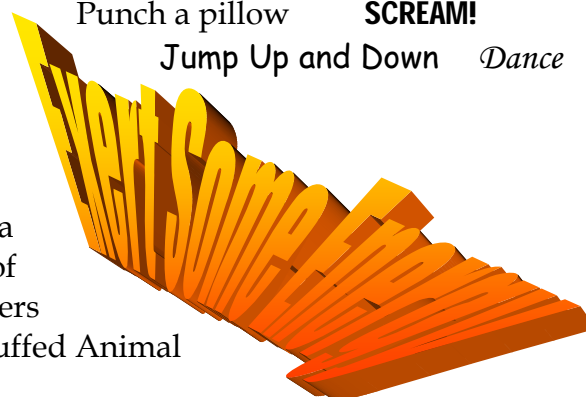
Create something

Because sometimes, we just need to LET IT OUT.

- Punch a pillow
- Jump Up and Down
- SCREAM!
- Dance

Sprint

- Tear Up a Shirt, a Stack of Papers or a Stuffed Animal



"Happiness is a conscious choice, not an automatic response"

Mildred Barthel

Talking and writing are great ways to vent your emotions. It can help you understand and get to the bottom of your emotional struggle.

TALK to someone you trust

List of 10 things you like about you

Write your future or past self a letter

Keep a Journal

Join in local groups and activities

Express Yourself

A healthy body is the foundation for a healthy mind. Being active and eating a well balanced diet every day helps maintain emotional balance.

Find an activity you really enjoy

Exercise every day

Live Well

Avoid Junk Food!

Eat your fruits, vegetables, and whole grains

Breathe constantly learn new things

Have a hobby

Hurting yourself, turning to alcohol or drugs, or engaging in activities you know could be unsafe are not healthy ways to cope with emotions. If you feel you are not coping well with emotional stress, you can

Call for Help: (630) 305-5500

Linden Oaks at Edward Help Line

For more information contact Maureen Obuchowski 630-264-7670 or

www.kanehealth.com/coalition.htm