




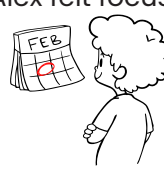
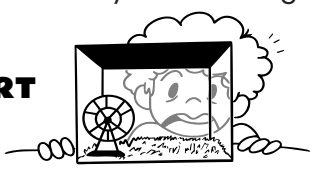

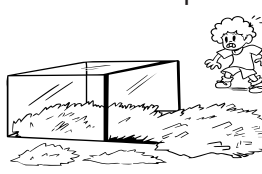


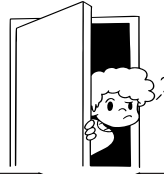





MIGHTIER™ Coping Activities

Emotions often seem out of our control. We can change our thoughts, we can change our actions, but we can't just change how we feel... except, what if we can? What if we can use the things we can control to change the things we can't? Coping skills are actions we can take that change how we feel, and they help in situations where emotions feel overpowering. Let's dive in!

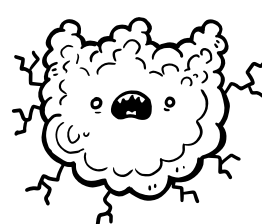


Choose your own path!

Explore how coping skills can change the story. Begin at **START** and follow the arrows, how many different stories can you tell?

<p>Alex yelled and kicked.</p>  <p>END</p>	<p>Alex felt calm.</p> 	<p>It was cage cleaning time!</p>  <p>END</p>
<p>Alex felt angry.</p> 	<p>Alex tightened his fists, then relaxed.</p> 	<p>Alex felt focused.</p> 
<p>Hammy was missing!</p>  <p>START</p>	<p>Alex felt worried.</p> 	<p>Alex tore his room apart looking.</p>  <p>END</p>
<p>Alex felt sad.</p> 	<p>Alex took deep breaths.</p> 	<p>Alex felt curious.</p>  <p>END</p>
<p>Alex gave up looking.</p>  <p>END</p>	<p>Alex felt hopeful.</p> 	<p>Hammy was getting a bath!</p> 

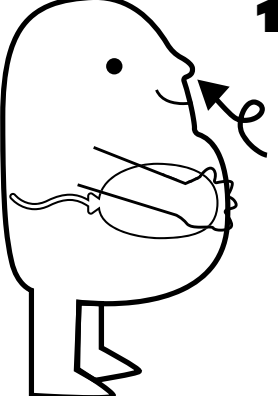
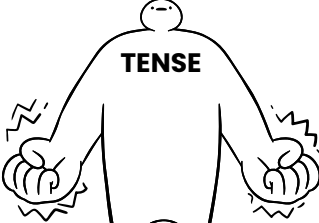
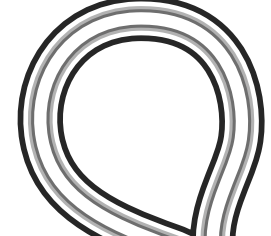
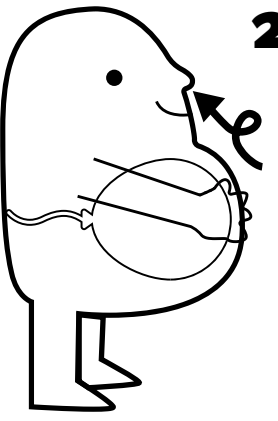
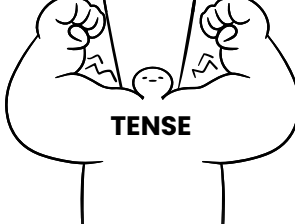
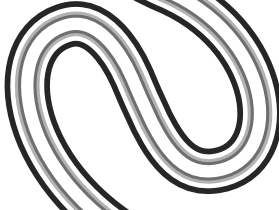
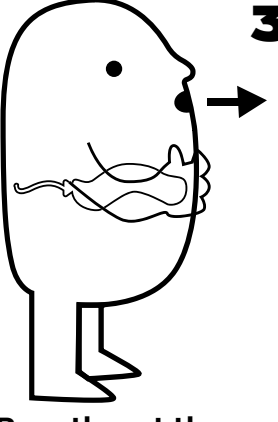
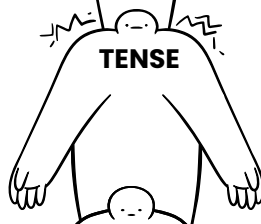

What's your story?

Complete the comic to tell your own super coping story.

<p>Why was Lexi angry? Draw your reason.</p> 	<p>How did Lexi calm herself? Draw the coping skill.</p> 	<p>What did Lexi do using her coping superpowers?</p> 
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MIGHTIER™ Coping Skill Bookmarks

Heart racing? Muscles tense? Thoughts spiraling? When you feel intense emotions, so does your body. Try these different coping skills and see which ones work best for you. Color them in, then cut them out as reminders for ways to cool down when things feel heated.

<h2>Deep Belly Breathing</h2>	<h2>Tense and Release</h2>	<h2>Mindful Tracing</h2>
 <p>1</p> <p>Breathe in through your nose</p>	 <p>TENSE</p>	
 <p>2</p> <p>Fill your belly with air and hold it</p>	 <p>TENSE</p>	
 <p>3</p> <p>Breathe out through your mouth</p>	 <p>RELAX</p>	 <p>TRACE</p>
<p>Change your breathing to change how you feel. Breathe in slowly through your nose, filling your belly like a balloon. Hold that breath for a few seconds, then release that breath out slowly through your mouth. Keep going until you feel that inner calm!</p>	<p>Relax your muscles to relax your emotions. Clench your fists for 5 seconds, then relax them. Next, tighten the muscles in your arms for 5 seconds, then relax them. Finally, scrunch up the muscles in your shoulders for 5 seconds, then relax them. Nice work!</p>	<p>Focus your energy to clear your mind. Trace the line slowly, very slowly, with your finger. Focus only on your finger and the line, ignoring any other thoughts that try to run through your head. Bonus points if you take deep belly breaths at the same time!</p>

