



























<p><b>A</b> Ask for Help</p>  <p>It's OK not to feel OK; and it's absolutely OK to ask for help</p>	<p><b>B</b> Breathe</p>  <p>Take keep breaths in and slow breaths out</p>	<p><b>C</b> Count</p>  <p>Count to 10 or Down to 0 to help you relax</p>	<p><b>D</b> Drink</p>  <p>Get a drink of water, stay hydrated</p>	<p><b>E</b> Exercise</p>  <p>Jump, Run, Push Ups, Sit Ups, Quads</p>
<p><b>F</b> Family &amp; Friends</p>  <p>Talk to Family and Friends to stay connected</p>	<p><b>G</b> Games</p>  <p>Play a game with your family and siblings</p>	<p><b>H</b> Happy Place</p>  <p>Think of a Place or memory that brings happiness to you</p>	<p><b>I</b> Interact</p>  <p>It lets others know of our state of mind, our doubts, worries, fears and happiness</p>	<p><b>J</b> Joke</p>  <p>Find something to make you laugh</p>
<p><b>K</b> Kindness</p> <p>make someone's day.</p>  <p>Do a random act of kindness for someone</p>	<p><b>A to Z Coping Skills</b></p> <p>From</p> <p><b>Maestro Duarte's Counseling Corner</b></p>			<p><b>L</b> List</p>  <p>3 Things You Can Hear 3 Things You Can See 3 Things You Can Touch To Focus on The Present Moment</p>
<p><b>M</b> Music</p>  <p>Listen to your favorite music and dance if you want</p>	<p><b>N</b> Nurture</p> <p>TAKE CARE OF YOURSELF</p>  <p>Give yourself what you need. Personal care is important</p>	<p>Grace Hudson Language Academy</p>	<p><b>O</b> Organize</p>  <p>Do one thing at a time</p>	<p><b>P</b> Pets</p>  <p>Spend time looking after and playing with your pet</p>
<p><b>Q</b> Quite Time</p>  <p>It can help You discover what's important</p>	<p><b>R</b> Relax</p>  <p>It's important and OK to take a break from things</p>	<p><b>S</b> Support System</p>  <p>Talk to Family, Friends, Principal, Teachers, Counselor for Support</p>	<p><b>T</b> Try Something New</p>  <p>Try an activity or hobby you haven't done before</p>	<p><b>U</b> Use Your Talent &amp; Strengths</p> <p>you are stronger THAN you think.</p>  <p>Focus on what you do well and do more of it</p>
<p><b>V</b> Voice Your Concerns</p> <p>Your Voice Matters</p>  <p>It can help you feel more connected, especially to loved ones</p>	<p><b>W</b> Write</p>  <p>Keep a journal of things you do and what's on your mind</p>	<p><b>X</b> X-Ray Your Body</p>  <p>Take time to look at how you feel and exhale them out</p>	<p><b>Y</b> Yoga</p>  <p>It helps reduce stress and promotes a sense of calmness.</p>	<p><b>Z</b> Sleep Good</p>  <p>Sometimes things feel better when you have a good night's sleep</p>