



## How to Cope

The reality is this: when our emotional needs meet the expectations of those around us, many times, it is a harsh clash, rather than a beautiful union. We call that clash, disappointment, and it can begin a cycle of unhealthy coping mechanisms.

But, unhealthy choices are just that...a choice.

Let's make some healthy ones.

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### Be Proactive

- Know your triggers.
  - Identify situations that can cause a negative reaction.
  - Put into words how those situations make you feel and share with a trusted friend or adult.
- Find a safe person.
  - This person or group of people will support and understand you, but will also help you move to a healthier mindset.
  - Be willing to communicate honestly with this person. They can't help you if you're hiding things.
- Journal.
  - Beneficial things come when we put words down. Thoughts come to life and we are more prone to take them seriously, when we know it's moved from our mind to paper.

### Battle Reactive

- Exercise / Physical activity
- Breathing exercises / Yoga
- Rip a piece of paper / Paint haphazardly on a canvas
- Write your feelings down in a journal and share with your "safe place" person or people
- Go to sleep
- Make a list of activities you can do that will take your mind off of the painful mindset.
- Choose an activity and do it, regardless of how you feel.

What else can you think of that would result in a POSITIVE outcome, instead of a negative one???