



*Be Kind to Your Mind!*

# Coping Skills

Sometimes people use substances as a way to help them cope with changes, stress, emotions or hard times in their life. However, there are healthy ways we can deal with these problems without harming our bodies.



## 1. Exercise

Helps reduce stress and promote emotional and physical health. Creating a stable active routine can help manage addictive behaviors.



## 2. Meditation

Can teach someone how to manage tension and stress in the body by breathing.



## 3. Shift your thoughts

Stop and notice. Is what you're saying negative? Can you see it in a different way that might make you less stressed out?



## 4. Creativity

Draw, paint, write, dance, make music or journal. Tell a story through creative activities to help release stress.



## 5. Ask for help

Feelings can feel overwhelming to handle all on our own. Find a friend, therapist, or trusted adult to lean on for support.

Source: American Addiction Center | [americanaddictioncenters.org](http://americanaddictioncenters.org)

**DRUG FREE**  
*IS THE WAY TO BE*



DFYinSCV.com