

# Calming and coping strategies

*Calming and coping strategies are all about self-care (a resilient moves superpower!)*

There are lots of ways to soothe ourselves when we feel overwhelmed... **find the ones that work best for you!**

## **Grounding**

Ideas to calm your brain's alarm system

## **Breathing**

There are lots of different breathing exercises to try

## **Distracting yourself**

Ways to interrupt negative thoughts and get you 'back in the zone'



**Check out the Start Now toolkit for more ideas...**