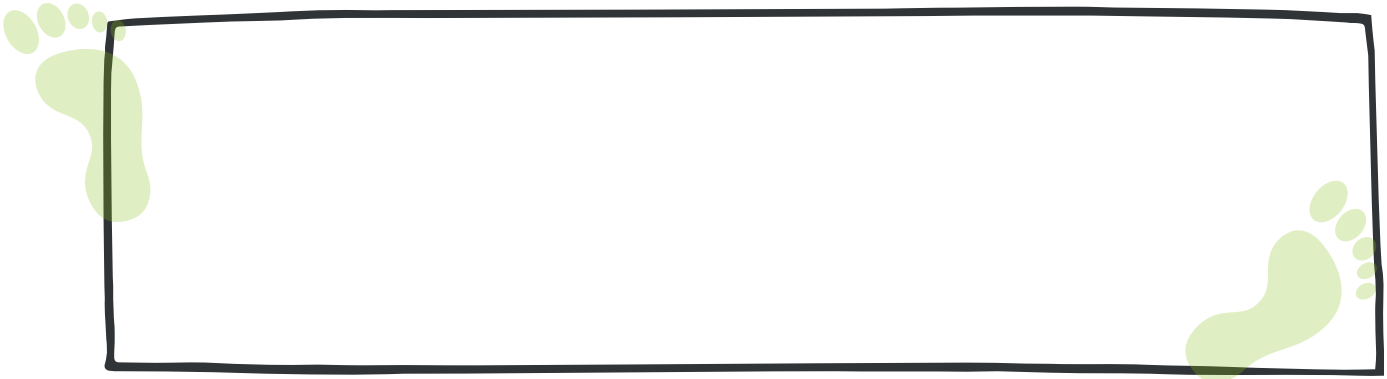


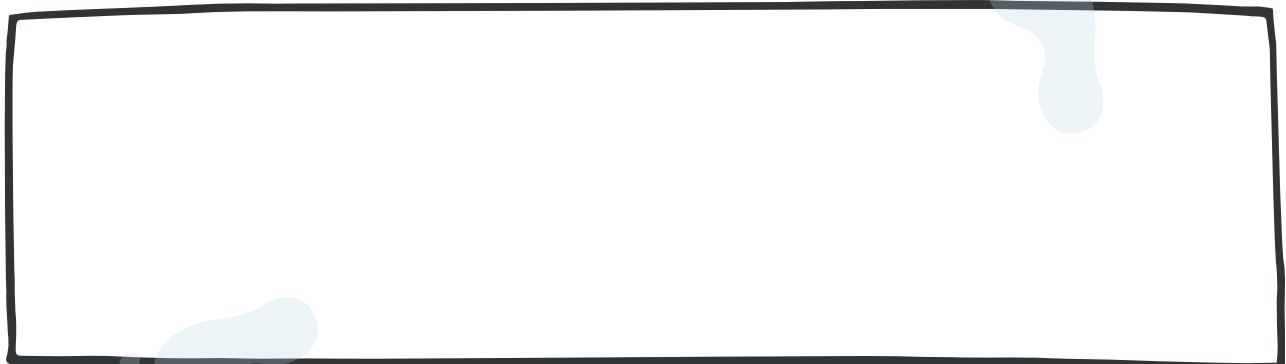
# Coping Steps

How can you help yourself feel better the next time you're really mad, sad, or worried? Write down steps you can take to cope in a healthy way!

**When I feel myself starting to feel \_\_\_\_\_ ,  
the first step I will take is...**



**Then my next step will be...**



**My last step will be...**

