

## Coping

**Breathe**



**Walk**



**Exercise**



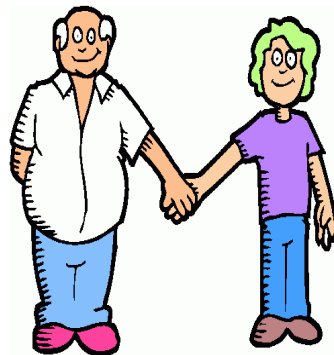
**Talk**



**Relax**



**Friends**



**Focusing Your Attention**



**Music**

