

CHOICES FOR A TOUGH DAY **COPING MECHANISM**

- Go for a walk
- Ride your bike
- Listen to music
- Call a friend and share your feelings with them
- Take a nap
- Watch television
- Talk about it to someone you trust
- Cry, Cry, and Cry some more
- Write a poem or story about the deceased or loved one that died
- Play a game with a friend
- Write a letter to your loved one or other family member
- Write down your feeling
- Go for a run or jog
- Go see a funny movie, laughing is good
- Visit a person or friend you haven't seen for a while
- Sign up for some type of lesson or sport activity
- Keep a daily journal of your feelings or thoughts
- List all of your blessing