

# Coping Strategies

- ■ ■ ■ ■ **\*\*Deep Breathing\*\*** – Take slow, deep breaths to calm your body and reset your mind.
- **\*\*Prayer & Meditation\*\*** – Center yourself in God’s presence; meditate on a favorite scripture.
- **\*\*Grounding Technique\*\*** – Identify 5 things you see, 4 you feel, 3 you hear, 2 you smell, and 1 you taste to bring focus back to the present.
- **\*\*Journaling\*\*** – Write down your emotions, fears, or frustrations to release them safely.
- ■ ■ ■ ■ **\*\*Movement\*\*** – Take a walk, stretch, or exercise lightly to release built-up stress.
- **\*\*Music Therapy\*\*** – Listen to uplifting or calming songs that remind you of God’s promises.
- **\*\*Reach Out\*\*** – Call a trusted friend, counselor, or mentor for support when you feel overwhelmed.

“Cast all your anxiety on him because he cares for you.” — 1 Peter 5:7