



## FIND SUPPORT

Everyone is there to support you!



## Creative Ways

There are numerous ways to cope!

How were you introduced with these coping mechanisms?

8 responses

encouragement from my sisters and starting therapy

I had to figure out what I enjoyed in life and what brought me peace. After doing so, I tried to implement these in my life more and remind myself to do them during stressful times to calm my mind.

My mom told me to tell her if anything was wrong.

My mother and my father

the trauma of opening up to others and having my own words being used against me

Just decided to try to play song and kept playing ever since.

none idk

counselor

