

BEACON'S LIST OF WAYS TO COPE

- Read a book
- Take a bath
- Tell someone you trust
- Practice Guided Imagery
- Do a breathing exercise
- Listen to music
- Play a game
- Start a project that interests you
- Have a hot drink
- Rest, nap or take a break
- Do something kind
- Cuddle/talk to a pet
- Cook or bake
- Create a piece of art
- Use positive statements
- Clean or organise your room
- Watch a movie
- Watch your favourite TV show
- Do your nails
- Draw/paint how you feel
- Write in a diary
- Sit with friends/parents
- Use calming scents such as lavender.
- Exercise
- Gardening
- Practice Yoga/Pilates
- Get a good night's sleep
- Sing or dance
- Make and play with slime
- Drink water
- Go on a walk or run
- Make a scrapbook/collage
- Be kind to yourself
- Work towards the future you want to live
- Write down 3 good things about your day.