



Trauma/Resilience Tip of the Week: Coping Skills

What are coping skills? Coping skills are methods we use to assist in stressful situations. Utilizing safe coping skills can help problem solve, stabilize our emotional or mental state, and can alleviate the stress at hand. What works for one may not work for another but utilize a safe coping skill that promotes relaxation and well-being.



Here are some coping skills you can try!

- **5 min Mindfulness Meditation:** <https://youtu.be/dEzbdLn2bJc>
 - **1 min Grounding Exercise :** <https://youtu.be/HiF9NiBiBJA>
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