

COPING SKILLS: Learning and Practice

Calming	Energizing	Reflection	Expression	Connecting
Breathing Techniques Video: Breathing for Anxiety	Exercise For Energy (Article) 5 Minute Energy Movement Boost	Self-Care Assessment	Journaling Prompts	Yoga
Visualization Techniques Article Calm Space Visualization	Laughing	Gratitude	Art Activities for Mental Health	Socializing-MeetUp
Phrases to Calm Anxiety Beach Video	Breathing Video	Meditation 30 day Meditation Challenge	Expressive Movement Video	Connecting With Nature
Movement to Calm Energy (Article)	Habits to Help Sleep Energy Boosting Foods	How To: Mood Journal Mood Tracking Apps	Talking About Feelings Article Video Playlist on Talking About Feelings	Volunteering
Jennifer Lombardo LCSW		LombardoCounseling.com		Schedule Appointment