

COPE UP!

Positive ways to deal with stress and strong emotions

Use these strategies to help you regain balance and shift into a more positive mindset.

Do Something Fun

Every day do at least **one thing you really enjoy** – singing, dancing, listening to music, talking with a good friend.



While doing it, focus only on having fun and enjoying yourself.

Use Your Imagination

You can **go anywhere** you want in your mind.

Find a comfortable spot. Imagine the most beautiful or fun place where you have been or would want to go.



Take a 10 to 15 minute vacation in your "happy place."

Laugh Out Loud (LOL)

It's really true that "Laughter is the best medicine," and it may make you live longer!

Laughing:

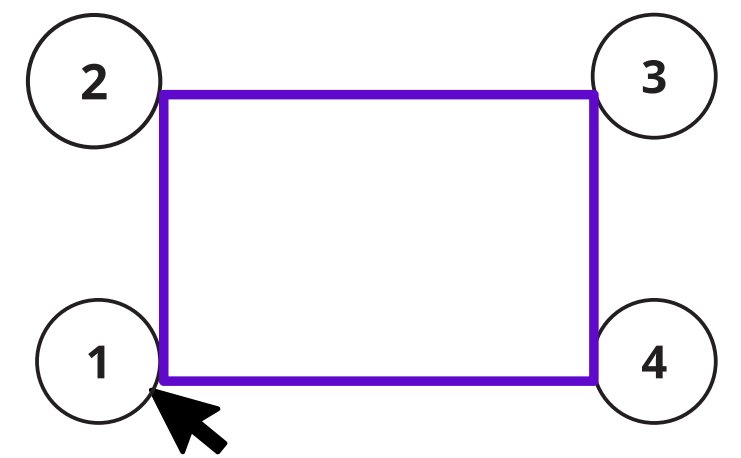
- relaxes your muscles
- relieves stress
- boosts your immune system
- strengthens relationships



Find & share a funny meme, GIF, or video on YouTube.

Deep Rectangle Breathing

Start in the lower left corner.



- As you go up the side of the rectangle from 1 to 2, take a deep breath in thru your nose for 4 seconds.
- As you move across the top from 2 to 3, slowly blow out thru your mouth for 6 seconds.
- As you go down from 3 to 4, breathe in through your nose for 4 seconds.
- As you go across the bottom of the rectangle, slowly blow out through your mouth for 6 seconds.

Repeat up to 5 times. *Ahhh.*

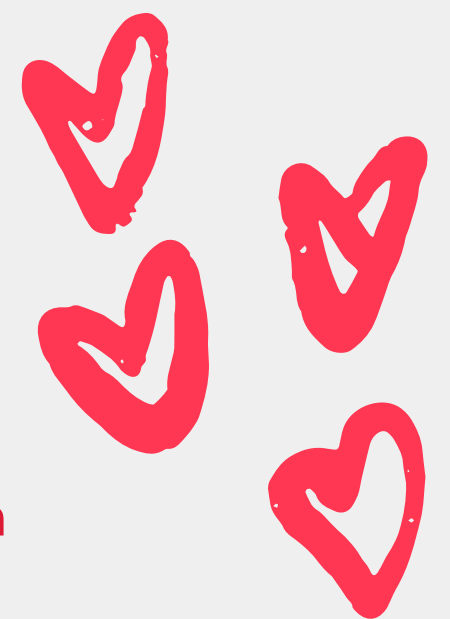
Go With Gratitude

You can always find something to be grateful for even during tough times.

Make a habit to **focus on what is good or going well in your life.**

When you wake up or just before you go to bed, **think about or write down 3 things you are thankful for** -- the breath in your lungs, a sunny day, and people who care about you.

Add at least one new item to your list every day.



Find a Different Focus

Focus on the **present moment** – the one that is happening **RIGHT NOW** (not worrying about the past or the future).

- Take a **few deep breaths**, then breathe normally.
- **Notice your thoughts as they come and go** -- like clouds in the sky. (You are not your thoughts & you don't have to believe every thought that comes into your mind.)
- **Gently "let go" of any worry or sad thoughts** without judging the thoughts or judging yourself.
- **Replace the thoughts** with:
 - a positive image in your mind (like a beautiful place)
 - a calming word (like "peace" or "calm"), or
 - a focus on 1 of your 5 senses (something you can see or hear, the feel of your clothes or the chair/bed you are sitting on, or the taste in your mouth).

Do The Basics – S. E. E.

Basic self-care is **KEY** to taking good care of yourself.

SLEEP – **Get those ZZZ's.** Without enough **quality** sleep, people tend to:

- have more trouble focusing
- be more irritable or depressed, and
- get sick more often.

EAT – Eating healthy (limiting junk food & sweets) is the key to feeling good and looking good. Put **more veggies & fruits** on your plate.

EXERCISE – **Keep your body moving!** Walk, dance, stretch, lift weights, or find a YouTube video -- then challenge someone to join you!



If you are struggling to cope,
HELP IS AVAILABLE RIGHT NOW, 24/7.

988 Suicide and Crisis Lifeline



Línea de Prevención del Suicidio y Crisis

CALL or TEXT 988

Chat at 988lifeline.org/chat/



LGBTQ+ under 25 can access LGBTQ+ support thru 988 Crisis Chat or Text daily from 3:00 pm to 2:00 am Eastern

Deaf/Hard of Hearing: 711, then 988

JC Safety Hotline & App

SAFETY HOTLINE
SPEAK UP FOR SAFETY

- CALL**
844-JC1-SAFE
- GO ONLINE**
jc1safe.jobcorps.org
- TEXT**
SAFE to 8441
- E-MAIL**
jc1safe@jobcorps.org
- DOWNLOAD**
the JC1SAFE App

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Peer Support
(people who have lived through it)

Instagram

@peersupportspace (for 18+)

- Mental illness, substance misuse, neurodivergence, disability, grief, & trauma
- Focus on Black, Latinx, immigrant, LGBTQ+ & disabled "folx"

"Warmlines"

- Trained peers to listen & give support
- **NOT** a crisis line, not all are 24/7
- warmline.org has numbers by state

Apps

Help with Harmful Thoughts

- Calm Harm
- Mood Tools
- Virtual Hope Box
- Safety Plan

Calming, Sleep and Mindfulness

- Better Sleep
- Calm
- Headspace
- Insight Timer