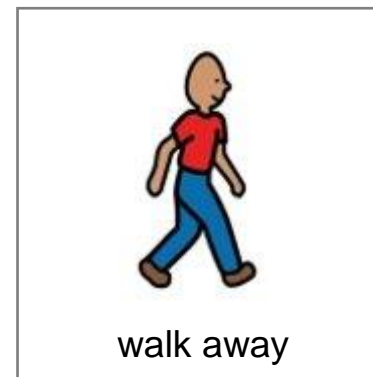
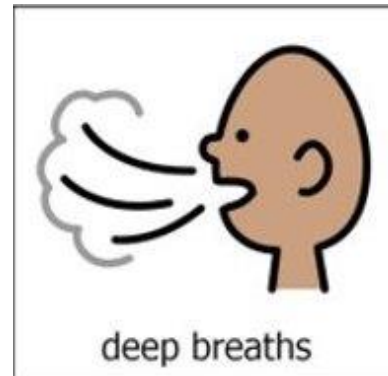
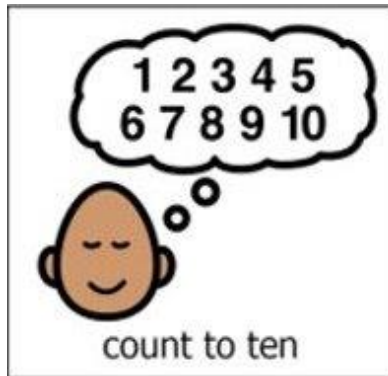


Calming vs. Coping

Some feelings come and go quickly. We can use **calming strategies** to handle those feelings.

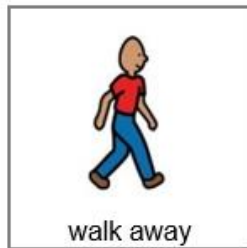
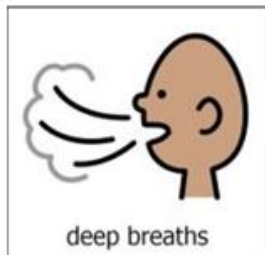
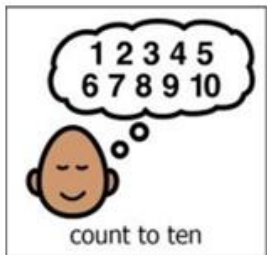
calming strategies



Calming vs. Coping

Some feelings last a long time. We can use **calming strategies** AND **coping strategies** to handle those feelings.

calming strategies



coping strategies

