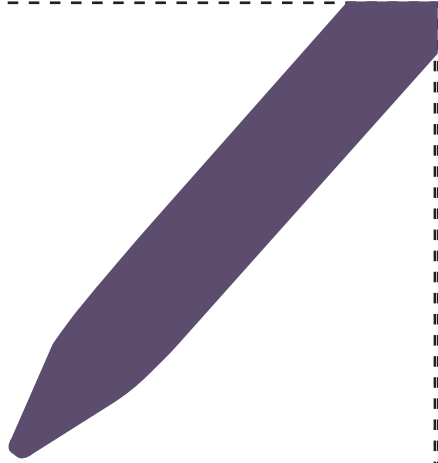


Coping Cards - Patience

Directions:

Directions: There are many things we can do to help us when we need to be patient. Here are some ideas. Practice each of these.



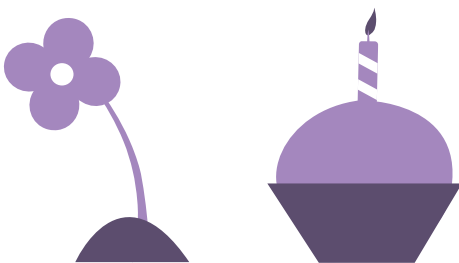
Write in a journal



Stretch.

Smell the flower

breathing in deeply



Blow out the candle

slowly breathing all the air out

Repeat multiple times as needed

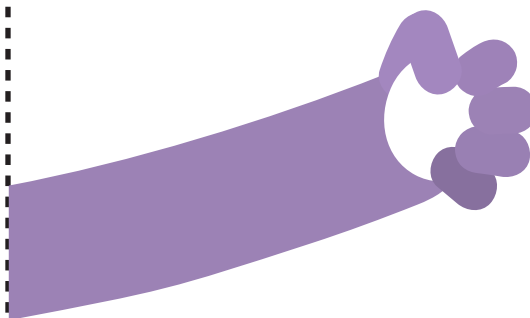


Count to ten.



Close your eyes and **think**
of a peaceful place.

Practice breathing deeply for a few minutes.



Squeeze a stress ball.