

# Coping Skills

to care of yourself

Listen to a  
playlist

Do some yoga or  
gentle  
movement

Pick up a  
book to  
read

Do your  
skin care  
routine

Breathe  
Deeply for 3  
minutes

Drink some  
water

Sit under your  
favorite  
blanket

Write in  
A Journal

Go outside  
and feel  
the grass

Hold some  
ice cubes

Go For  
A Long Walk

Take a  
nap



We have a care team ready to personalize  
treatment plans for individual needs.

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