

Healthy Coping Skills

Coping skills are strategies to help manage stress and emotions. Give these a try the next time you're frustrated, anxious, or feeling down.



Press your feet hard into the ground and your palms together



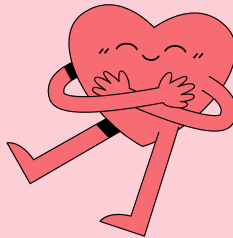
Dance or take a walk



Press hard into your chair



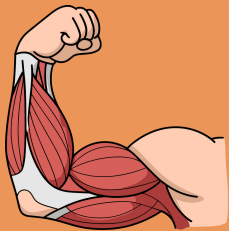
Drink Water



Give yourself a hug



Stretch



Tense all your muscles, hold for a few seconds, & relax



Visualize your favorite memory or place



Write or draw about your thoughts and feelings

If you've tried healthy coping strategies and still feel overwhelmed, ask for help!

Find additional behavioral health information, services, and resources at SDBehavioralHealth.gov.

Call or text 988 or chat online at 988Lifeline.org for support for you or a loved one. It's free, confidential, and available 24/7.

SD BEHAVIORAL HEALTH
Department of Social Services



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