



## Manage Stimuli

- Take a social media break
- Watch a fun movie
- Listen to music
- Sit in silence
- Research a vacation
- Do something creative (color, paint, cook)
- Play an instrument



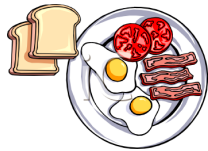
## Relaxation Skills

[Click here for "Relaxation Techniques"](#)

- Breathing exercises
- Practice mindfulness
- Practice progressive muscle relaxation
- Take a hot shower or bath
- Light a favorite candle
- Make hot chocolate
- Try Aromatherapy

## Sample Coping Skills Schedule

Keep a running list of all the coping skills that work for you. Incorporate these skills into your daily routine:



- 9:30** Eat healthy breakfast
- 10:00** Go for a walk
- 12:00** Take a social media break and create a gratitude list
- 2:30** Practice breathing exercises
- 6:00** Play with a pet
- 9:00** Practice Mindfulness

## Healthy Communications Rules

There are basic rules that are helpful to remind you what to do when you are experiencing overwhelming feelings. Identify what you are feeling, determine how you can communicate those feelings, and use an appropriate coping skill.

Healthy communication requires taking ownership of your feelings. Avoid starting sentences with "you always" or "you never". Instead, start your sentences with "I feel...", "I need..." "I want..."

Remember connections to others are important. There are many

ways to stay connected to one another through phone calls or face-time. **Coping Skills Reminder Cards** can serve as visual reminders to figure out what to do when you are overwhelmed, angry, anxious or sad. Here are some ideas you can use to make your own personalized coping skills reminder cards.

- Identify which feeling(s) to focus on. Are you

I feel \_\_\_\_\_, when...  
When I feel \_\_\_\_\_, I can...

overwhelmed when you are angry, anxious or sad? Are there several feelings you need to learn to handle in a healthy way?

- Make post-its or index cards. It is important that you figure out when and where reminders are needed. What works for you to help stay in a calm state? What helps you relax, calm down or feel good? Do you like to draw? Listen to music? Play with putty? Read a book? If you are having a hard time coming up with ideas, think about activities that you enjoy. Activities that are calming and relaxing become your coping

skills and part of your toolkit.

- Once you figure out what coping skills will work for you, create a card or post-it for each one OR create several if multiple reminders are needed. Include the feeling that needs to be managed on each card.
- Create visual reminders – There are many ways to make these coping skill reminder cards: you can take a picture, post them in frequently used locations, or as you discover new coping skills, you can always create additional cards. If certain skills are no longer effective, find a new skill that works.



[Click Here to Visit the  
CVUSD WELLNESS  
ROOM](#)

## *Students – Need someone to talk to?*

### **NPHS Counselor’s Wellness Wednesday**

Wednesdays (school days only)

11:00am-1:00PM

[Click Here to Join Zoom Meeting](#)

### **District Counselors**

Monday-Friday (school days only)

8:30 am - 4:00 pm

[Click here to Connect with a Counselor](#)

If you are concerned about how to talk to your teen about



[Click Here for Resources](#)



**NEWBURY PARK  
HIGH SCHOOL**  
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