

# COPING TOOLKIT



meditate



journal



mindful breathing



talk to loved ones



read



listen to music



yoga



do something artsy



hydrate



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meditate



journal



mindful breathing



talk to loved ones



read



listen to music



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do something artsy



hydrate



**WHEN YOU'RE OVERSTIMULATED...**



MUFFLE SOUNDS WITH NOISE-CANCELING HEADPHONES

SOFTEN THE LIGHT



SNUGGLE WITH A WEIGHTED STUFFIE OR BLANKET

FOCUS ON A MESMERIZING TOY



**WHEN YOU NEED TO WIGGLE TO FOCUS...**



GIVE ONE HAND SOMETHING TO DO WHILE THE OTHER WORKS! GRAB A FIDGET OR SQUEEZE TOY.

USE A TEXTURED SEAT OR OBJECT TO STIMULATE THE NERVES. FOR SOME SENSORY SEEKERS, TEXTURED OBJECTS FEEL GOOD AND HELP WITH FOCUS!



SIMPLY MOVE YOUR BODY THE WAY YOU NEED TO MOVE!

**DID YOU KNOW...**

EVERYONE HAS DIFFERENT SENSORY NEEDS THAT CHANGE EVERY DAY.

YOU CAN USE THESE TOOLS HOWEVER FEELS BEST FOR YOU!

LETTING A YOUNG PERSON EXPERIMENT AND ASSISTING THEM WITH THESE TOOLS HELPS THEIR BRAIN GROW AND TEACHES THEM THE VALUE OF SELF-CARE.

WE LOVE YOU AND YOUR INCREDIBLE MIND!



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