

RESILIENCY TIP:

Make note of what you have in your “Coping Toolkit”.

1

First, take a look through our ‘Healthy Ways of Coping’ and ‘Unhealthy Ways of Coping’ lists.

2

Next, use our journal prompt to make note of what Healthy Coping strategies work best for you, and which Unhealthy coping mechanisms you need to avoid.



**Office of
Mental Health**

