

Online Coping Strategies

Missouri Connections Academy



Things You Can Do When You Feel Stressed

<u>Box Breathing</u>	<u>Managing Anxious Thoughts</u>
<u>Rainbow Breathing</u>	<u>Changing Your Perspectives</u>
<u>Belly Breathing</u>	<u>Slow & Steady</u>
<u>Color Breathing</u>	<u>Underlying Calm</u>
<u>Body Scan</u>	<u>Zoo Cams</u>
<u>Grounding Exercise</u>	<u>Virtual Sandbox</u>
<u>Heartbeat: Mindfulness Exercise</u>	<u>Virtual Forest Walk</u>
<u>Let Go of Worry: Guided Meditation</u>	<u>Silk Interactive Art</u>
<u>Online Creativity Center</u>	<u>Positive Affirmations</u>