



## INGREDIENTS

### PHYSICAL

- Exercise
- Movement

### EMOTIONAL

- Naming
- Recognizing
- Expressing Feelings

### COGNITIVE

- Examining Thoughts
- Considering Ideas

### SOCIAL

- Reaching Out
- Talking
- Sharing

### SENSORY

- Taste
- Smell
- Touch
- Hear
- See

### SOLITARY

- Alone
- Private
- Quiet



# RESILIENCE Coping Skills Menu

**Appetizer** - TO PREPARE FOR A CHALLENGE

**Side** - QUICK AND EASY WHEN TIME IS LIMITED

**Full Meal** - DEDICATED TIME AND INGREDIENTS

**Indulgence** - ONCE-IN-A-WHILE TREAT

**Healthy Option** - FOR A WELL-BALANCED LIFE