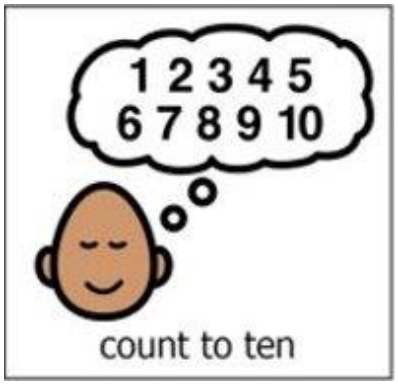
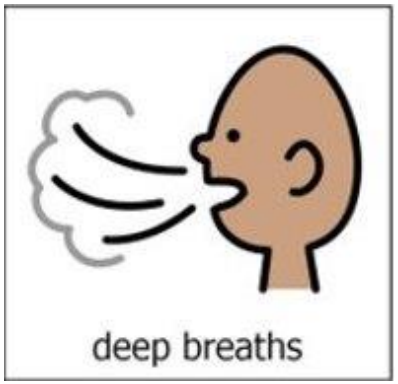
Calming vs. Coping

Some feelings come and go quickly. We can use **calming strategies** to handle those feelings.

calming strategies





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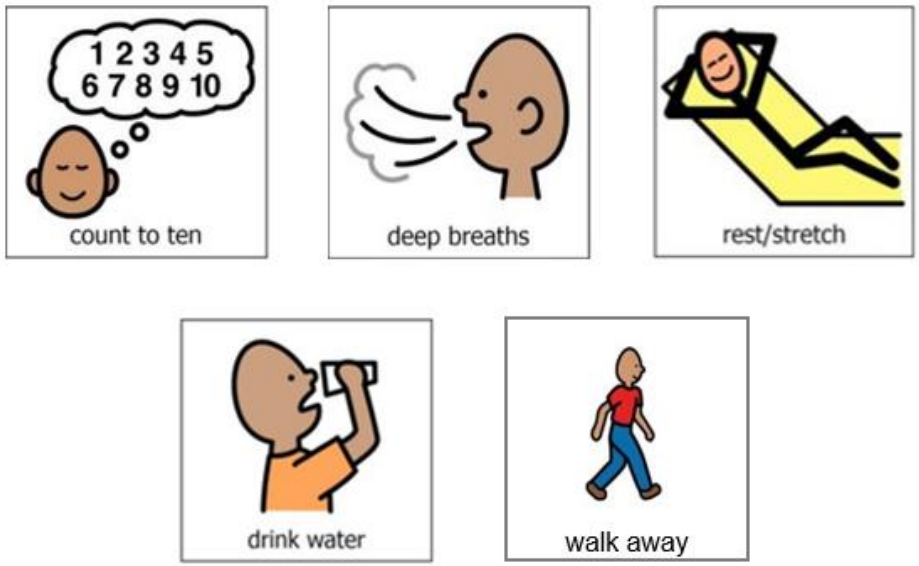
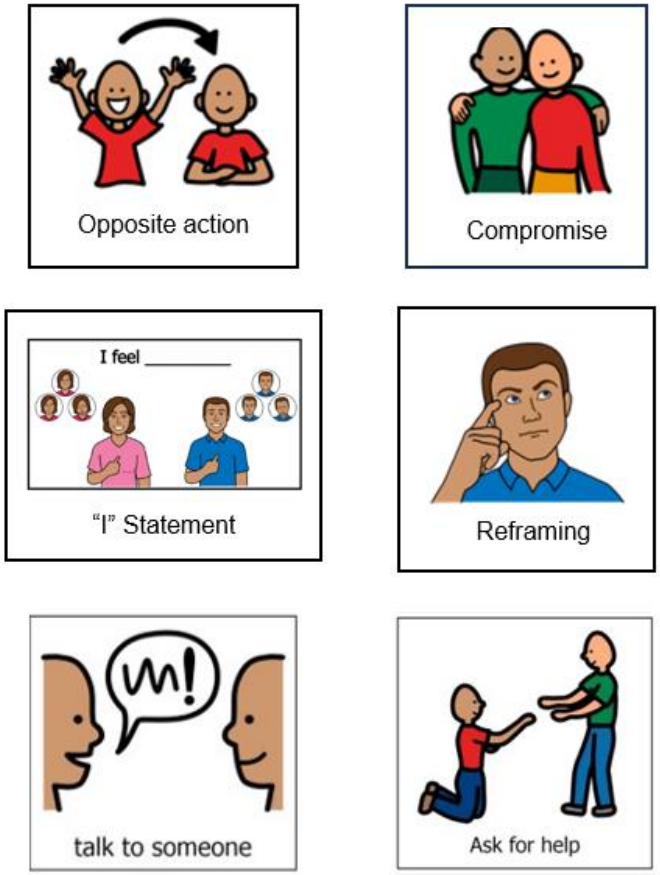
Calming vs. Coping

Some feelings last a long time. We can use **calming strategies** AND **coping strategies** to handle those feelings.

calming strategies



coping strategies



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