

Written and Illustrated By:

Liz Pearson

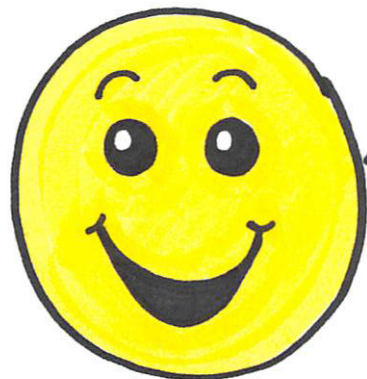
(M.S., C.A.S. in school
counseling)

When Life is Hard

Helping Kiddos cope
During Tough Times

Sometimes life is hard for reasons you have no control over. What you do have control over is how you react and cope.

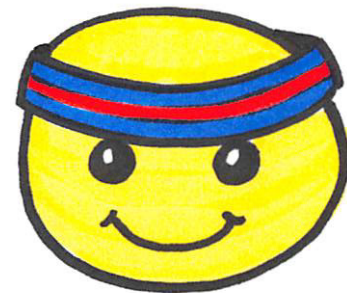
So, during tough times in life, Coping skills are so important!



Keep Reading

When your life is hard,
it's important to take very
good care of yourself.

- Eat a healthy
well-balanced diet
- Get enough sleep
each day (well... night)
- Get enough exercise
each day



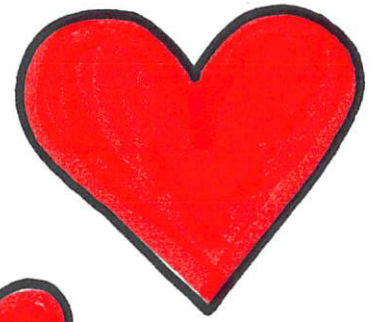
Remember:



It's Okay to be

not okay

Sometimes.



Everyone struggles sometimes!

It's completely normal!

When things are tough,
it's also very important
to be patient and
Kind with yourself!

It's okay if
you're struggling more
than usual - give
yourself a break!
You're only human!



Try to focus on
the positive things
in your life!



- Family
- Friends
- Food
- Shelter
- Creativity
- Imagination
- Sunshine
- Nature

Reach out and make an effort to Connect with other people.

During hard and stressful times Connection and friendship are so important!

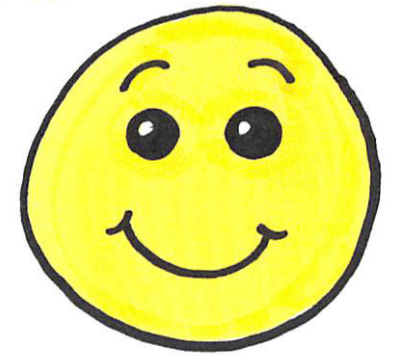


When you feel sad, mad,
anxious, or stressed talk
to a trusted adult
about it.

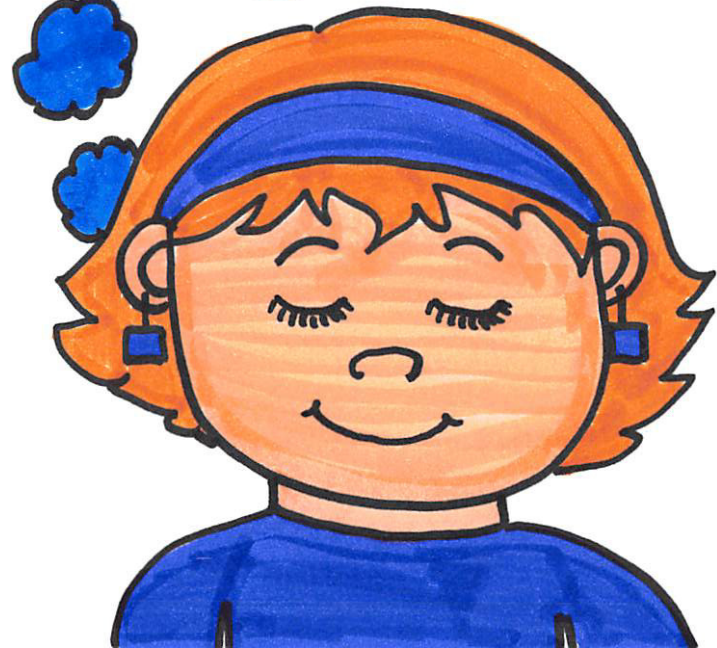


During tough times it is especially important to do things that you find enjoyable and fun.

- Draw
- color/paint
- Read
- write
- Listen to music
- Exercise
- Watch T.V./a movie
- chat with friends
- spend time outside
- snuggle up in your favorite cozy spot



When the troubles of life seem too much, escape them using your imagination!



Imagine a perfect, calm, and happy place in your mind—close your eyes, if it helps. Really imagine that you are there—what to you:

- See?
- Hear?
- Touch?
- Taste?
- Smell?

Stay there for a bit for a “vacation” from life!

Try to focus on what
you have to be thankful
for - gratitude very
much affects attitude!



There is **ALWAYS**
something to be
thankful for!!

Helping and Showing
Kindness to others is a
great way to Cope during
tough times!

(It gets your mind off of your woes AND helps other people, too!)

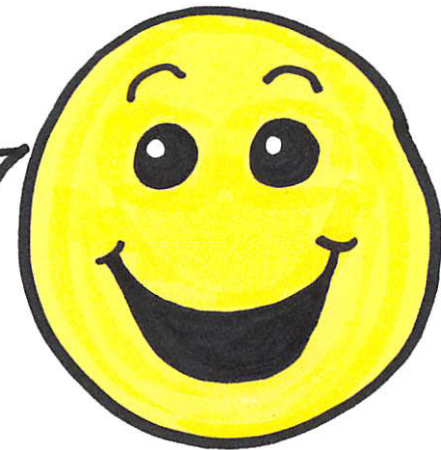
- Write a letter or draw a picture and mail it
- Call someone and tell them why you love them
- Do an extra chore around the house
- Chalk a kind message on someone's driveway
- Smile at people you see



Remember:

It's okay to struggle
when times are tough -
it's very normal!

Be understanding
and kind to yourself!!



Don't Forget:

You are BRAVE and

you are STRONG !!

You CAN cope !

