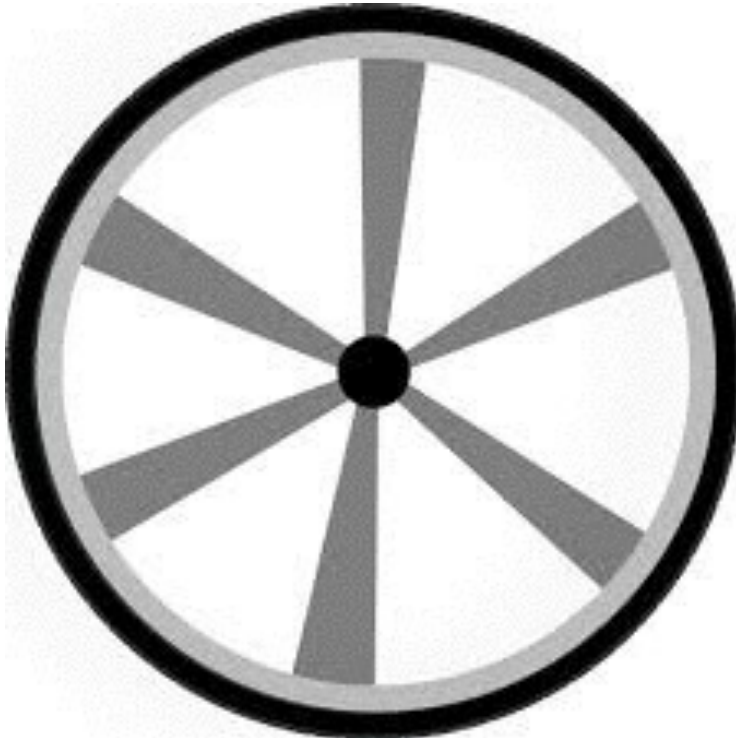


# Coping Skills Wheels

- We can't usually decide how to feel, but we can decide how to act when we don't feel well.
- Complete the coping skills wheel below, writing down ways in which you can cope with negative feelings without hurting yourself or someone else.



**Example:**

