

CWOY: COPING SKILLS

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| <p style="font-size: 48pt; font-weight: bold; color: #0056b3; text-align: center;">A</p> <p style="color: #0056b3; text-align: center;">Activity</p> <p style="color: #0056b3; text-align: center;"><i>Woecun</i></p> | <ul style="list-style-type: none"> • Smudging • Singing • Dancing • Practicing Yoga • Knitting/Crocheting • Cooking • Walking/Jogging/Running • Hiking • Playing an instrument • Playing sports • Reading • Drawing <ul style="list-style-type: none"> • Beading • Writing/Journaling • Organizing • Cleaning • Showering/Bathing • Gardening • Learning • Biking • Talking to someone • Scrapbooking • Hunting • Fishing |
| <p style="font-size: 48pt; font-weight: bold; color: #0056b3; text-align: center;">B</p> <p style="color: #0056b3; text-align: center;">Breathe</p> <p style="color: #0056b3; text-align: center;"><i>Niya</i></p> | <ul style="list-style-type: none"> • Belly Breaths: Sit in an upright position. Place your hand on your belly. Take a deep breath in through your nose and let your belly push your hand out. Exhale through your mouth as you feel your belly relax. Repeat this 10x. Feel free to close your eyes as you breath. • Practice 4/8 Breathing: Sit or lie down. Take a deep breath in through your nose counting silently to 4. Hold your breath as you silently count to 4. Continue by slowing exhaling from your mouth while counting to 8. Repeat as needed. |
| <p style="font-size: 48pt; font-weight: bold; color: #0056b3; text-align: center;">C</p> <p style="color: #0056b3; text-align: center;">Create</p> <p style="color: #0056b3; text-align: center;"><i>Kaga</i></p> | <ul style="list-style-type: none"> • Create a piece of art • Create a new recipe • Create a new dance • Create a TikTok • Create a fan club • Create regalia • Create a relaxing space • Create a new post • Create a ribbon skirt • Create a new song • Create a routine • Create a poem • Create a wokpan • Create a new friendship |
| <p style="font-size: 48pt; font-weight: bold; color: #0056b3; text-align: center;">D</p> <p style="color: #0056b3; text-align: center;">Distract</p> <p style="color: #0056b3; text-align: center;"><i>Wachinthognagy</i> <i>a</i></p> | <ul style="list-style-type: none"> • Run hands and wrists under cold water • Help someone else do a task or project • Watch a funny movie or video • Do 20 push ups • Meditate • Pray • Exercise |


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| <p>E</p> <p>Exercise</p> <p><i>Tangluskehan</i></p> | <p>30 MINUTES A DAY!</p> <ul style="list-style-type: none"> • Running/Jogging • Squats • Lunges • Push ups • Sit ups • Yoga • Youtube Fitness Videos • Hiking • Playing basketball • Walking your dog |
| <p>F</p> <p>Friends & Family</p> <p><i>Tiwahne & Tiospaye</i></p> | <ul style="list-style-type: none"> • Spend quality time with friends and family doing activities you enjoy. • If you can't spend time together face to face, use platforms like FaceTime, Zoom, Google Hangouts to stay connected. |
| <p>G</p> <p>Goal Setting</p> <p><i>Woawachin</i></p> | <ul style="list-style-type: none"> • Goal setting is a good way to stay focused and motivated. • Goals should be SMART → <ul style="list-style-type: none"> • Specific – What do you want to accomplish? • Measurable – How will you know when it is accomplished? • Attainable – Is it within your control to achieve this goal? • Realistic – Can you realistically achieve this goal? • Timely – When will the goal be accomplished? |

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| <p style="font-size: 48pt; font-weight: bold; color: #0056b3; text-align: center;">H</p> <p style="color: #0056b3; text-align: center;">Ask for Help</p> <p style="color: #0056b3; text-align: center;"><i>Omakiya yo/ye</i></p> | <p>If you are struggling with mental health, substance abuse, are considering harming yourself or someone is hurting you, please do not hesitate to reach out for help. You are not alone.</p> <ul style="list-style-type: none"> • National Suicide Prevention Lifeline 800-273- 8255 • National Runaway Safeline 800-786-2929 • National Parent Helpline 855-427-2736 • Crisis Helpline: Text HOME to 741741 • National Child Abuse Hotline 400-422-4453 • Substance Abuse & Mental Health Helpline 800-662-4357 <p style="text-align: center;"><i>If you are in immediate danger or experiencing an emergency, please call 911.</i></p> |
| <p style="font-size: 48pt; font-weight: bold; color: #0056b3; text-align: center;">I</p> <p style="color: #0056b3; text-align: center;">Imagine</p> <p style="color: #0056b3; text-align: center;"><i>Thanmahel</i></p> | <ul style="list-style-type: none"> • Imagine trips you'd like to take, places you'd like to visit. Make a list. • Imagine your perfect weekend. Write down in as much detail how it goes, what happens, who's there, where you are. • Imagine learning something new! What is it? • Imagine your dream job. What are you doing? • Let your mind wander and use your imagination! |
| <p style="font-size: 48pt; font-weight: bold; color: #0056b3; text-align: center;">J</p> <p style="color: #0056b3; text-align: center;">Joke</p> <p style="color: #0056b3; text-align: center;"><i>Woiha</i></p> | <p style="text-align: center;">Laughter is the best medicine.</p> <ul style="list-style-type: none"> • Watch a funny movie or video. • Call a friend or family member and talk about a funny memory! • Look at funny memes. • Read a comic. • Find a reason to laugh. |
| <p style="font-size: 48pt; font-weight: bold; color: #0056b3; text-align: center;">K</p> <p style="color: #0056b3; text-align: center;">Keepsake</p> <p style="color: #0056b3; text-align: center;"><i>Wokiksuye</i></p> | <ul style="list-style-type: none"> • Keep a diary or journal of thoughts, prayers or dreams. • Keep a scrapbook or photo album. • Keep a portfolio of art you've created. • Keep photos that make you feel good. |

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| <p>L</p> <p>List</p> <p><i>Chazeyal Owa</i></p> | <ul style="list-style-type: none"> • List everything you'd do if you weren't afraid. • List all the things that make you laugh or smile. • List all the reasons why you are awesome. • List all the things your dream home would have. • Go through the alphabet with a theme and try to name something for each letter (animals, food, etc.) • List all the things you want to learn. • List all the concerts or events you'd like to attend. • List all the questions you'd ask your favorite celebrity. • List things you want to tell your future self. • Make a "to do" list. • List all the books you want to read. |
| <p>M</p> <p>Music</p> <p><i>Olowan</i></p> | <p><i>Turn on your favorite jam and sing and dance like no one is watching!</i></p> <p><i>If singing and dancing isn't your thing, listen to music that inspires you or uplifts you!</i></p>  |
| <p>N</p> <p>Nature</p> <p><i>Makha</i></p> | <p>Practice being mindful with nature!</p> <ul style="list-style-type: none"> • Sit outside, close your eyes and listen to the birds, the breeze and feel the sun give you warm energy. • Go for a hike and observe all the details around you: sounds, colors, animals, smells. • Breathe the fresh air deep into your lungs! • Soak your feet in a body of water or plant your bare feet on the ground feeling the earth beneath your feet. • Swim, kayak or float in the water. Focus on the feeling of the water and the sounds you hear. |
| <p>O</p> <p>Organize</p> <p><i>Awachin</i></p> | <ul style="list-style-type: none"> • Set aside 15 – 30 minutes for yourself each day. Use this time to organize and develop a self-care routine. • Take time to organize. Organize your space, your room, your backpack, your desk, your purse, your pantry, etc. • Organizing helps us be prepared. When we are prepared, we have less anxiety and feel more control. |

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| <p>P</p> <p>Playtime/Pets</p> <p><i>Skata</i></p> | <ul style="list-style-type: none">• Have fun and remember to play!• Play basketball with friends.• Play with your cat inside.• Play fetch with your dog or take your dog for a walk!• Play a board game or cards with your family. |
| <p>Q</p> <p>Quiet Time</p> <p><i>Inila</i></p> | <p>Put down your phone, unplug and be still. Quiet time lets our minds rest. Here are some activities that can be done quietly.</p> <ul style="list-style-type: none">• Drawing• Reading• Knitting• Praying• Taking a bath• Meditating• Napping• Writing• Studying |
| <p>R</p> <p>Relax</p> <p><i>Asnikiya</i></p> | <p>Practice Progressive Muscle Relaxation. In progressive muscle relaxation, you tense a group of muscles as you breathe in, and you relax them as you breathe out. Start at with your feet and work your way to the top of your head.</p> <p>Relaxation is an important coping skill especially when we are feeling overwhelmed. Relaxation is different for everyone. Find what works for you and make it part of your self-care routine.</p> |

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| <p style="text-align: center;">S</p> <p>Support System</p> <p><i>Awoglaka</i></p> | <p>Friends and family can be a great support system, but find a support system that will support you in your goals, lifestyle, recovery, whatever it is you need.</p> <p>SAMHSA’s National Helpline – 1-800-662-HELP (4357) SAMHSA’s National Helpline is a free, confidential, 24/7, 365-day-a-year treatment referral and information service for individuals and families facing mental and/or substance use disorders.</p> <p>We R Native Text “NATIVE” to 97779 for weekly tips, contests & life advice.</p> <p>TrevorLifeline 1-866-488-7386 If you are a young person in crisis, feeling suicidal, or in need of a safe and judgment-free place to talk, TrevorChat is a free, confidential and secure instant messaging service that provides live help to LGBTQ youth.</p> |
| <p style="text-align: center;">T</p> <p>Try Something New</p> <p><i>Chantel’inza (to be brave)</i></p> | <p>Learn a new skill. Learn to play an instrument. Learn a new language. Try a new sport. Try a new food. This is how you grow.</p> |
| <p style="text-align: center;">U</p> <p>Utilize Your Skills</p> <p><i>Wachangtognak a (generous)</i></p> | <p>Using your skills to help others will make you feel good! Use your skills to show kindness.</p> <ul style="list-style-type: none"> • If you’re good with kids, volunteer to babysit. • If you can create art, make someone a gift. • If you play music, brighten someone’s day with a song. • If you are a good listener, help a friend in need. • If you knit/bead/sew, teach someone who doesn’t know how. |

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| <p>V</p> <p>Visualize</p> <p><i>Wacinksapa (Present in mind)</i></p> | <p>Everything we do begins as a thought.</p> <p>Close your eyes and visualize you accomplishing your goal. Let yourself smile as you see yourself succeed. Focus on how you feel when you see yourself achieving that goal. Feel that moment as if it is real.</p> |
| <p>W</p> <p>Write</p> <p><i>Wowapi Kaga</i></p> | <ul style="list-style-type: none"> • Write a journal • Write a poem • Write your story • Write a song • Write your goals • Write about your dreams • Write down your worries. • Write 3 things that are within your control. • Write 3 positive statements. • Set a timer for 3 minutes and write whatever comes to mind. <p>“Write hard and clear about what hurts.” -Ernest Hemingway</p> |
| <p>X</p> <p>Xbox</p> | <p>Video games can be a good distraction if you are feeling overwhelmed or stressed. Be sure you that if you are playing Xbox, you are taking breaks and getting 30 minutes of exercise a day.</p> |
| <p>Y</p> <p>YOU</p> <p><i>Waunsila</i></p> | <p>BE KIND TO YOURSELF.</p> <p>You are enough. You are worth it.</p> <p>Practice positive self-talk and work on building confidence in yourself.</p> |

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Z

Get some
Zzzzs!

Istinma yo/ye!

Remember that no matter what, sleep is the most important thing to overall health.

While you sleep your body heals, your mind rests, your immune system rebuilds and you are renewed.

It is recommended you get 7-8 hours of sleep every night.

With each new night, comes a new dawn. With each dawn comes another opportunity to grow, to love each other and to take care of ourselves.

Take care of yourself.

