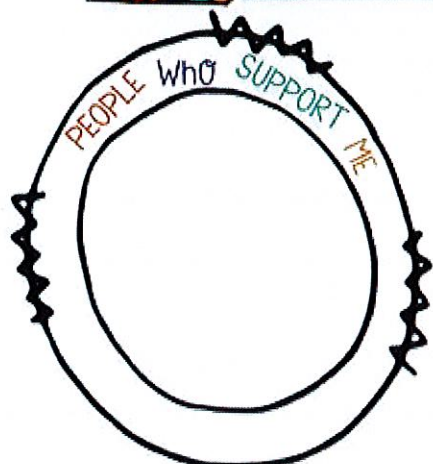


My Coping Survival Strategies Guide

...to remind yourself you are not alone



Best Listener and/or Hug-Giver

HUGS-Oxytocin Release, helping us to feel connected & loved

Best Ways to Get MOVING!

...to burn-off stress hormones & pump-in feel-good endorphins

What Makes Me **Smile** & Laugh

...humor is a natural stress reducer

Just Breathe

...mindful breathing sends a message of peace to our minds, slows down our heart rate & reduces feelings of stress

Best Ways to **CHILL OUT** & Bring-In the **CALM**

What I Can Make Create, Play or Build



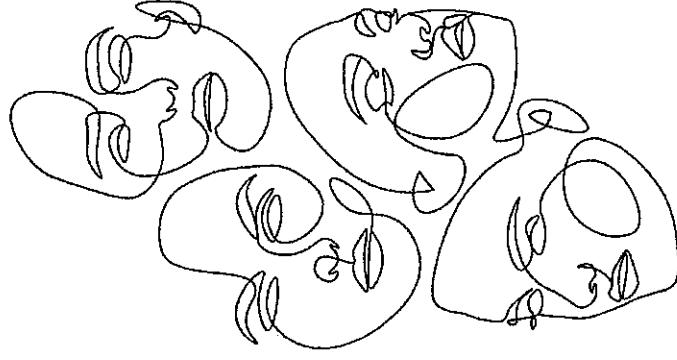
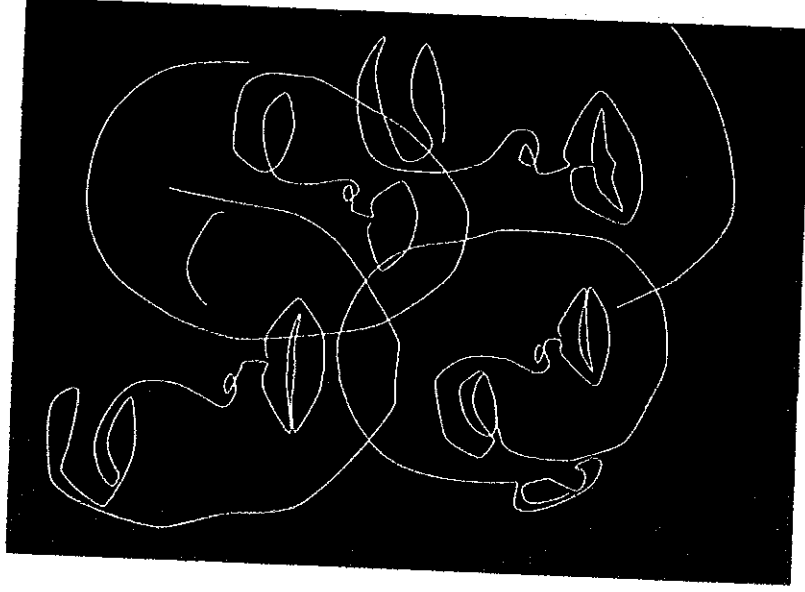
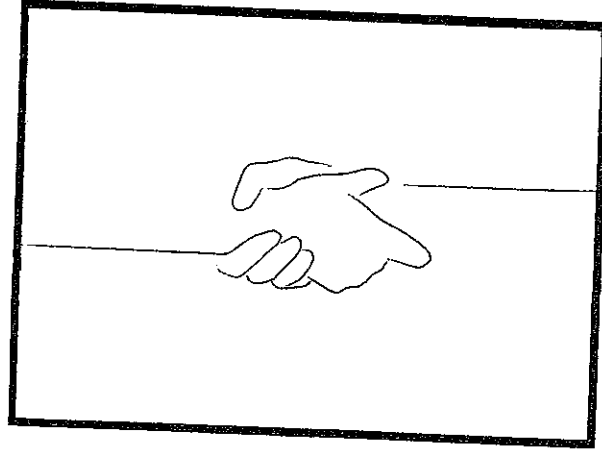
MY TOP 3 COPING TOOLS

#1

#2

#3

These are all 'one line drawings' - you can't take your pencil off the paper once you start! Give it a go and see what you can create.....

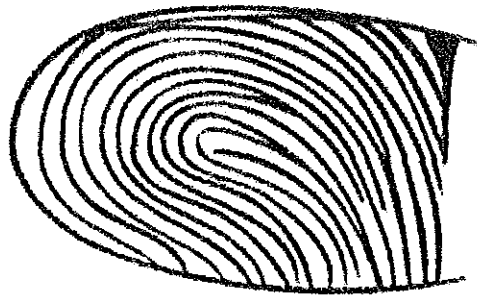




START

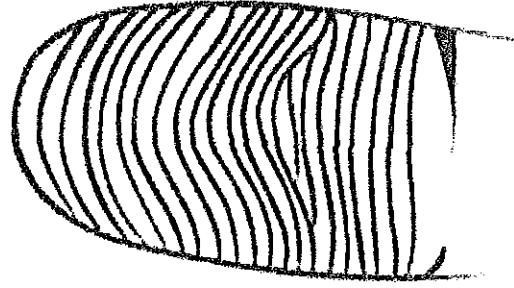
FINISH

What your swirls might say about you?



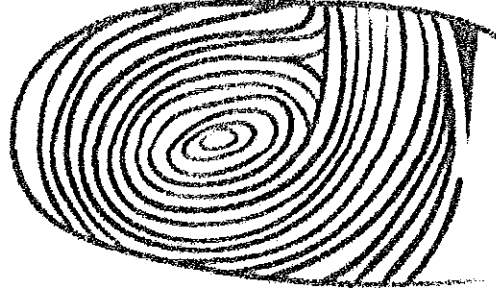
LOOPS

Loops are the most common with Europeans. They correspond with a calm and balanced personality. People with such fingerprints are usually sympathetic and try to help others. Loops are usually very truthful and open hearted, they tell it like it is. Looped fingerprint personality is that of a day dreamer. They hate doing mundane tedious work, because they have a strong imagination and enjoy creating. Loops will have many friends from all walks of life. They love to learn new things.



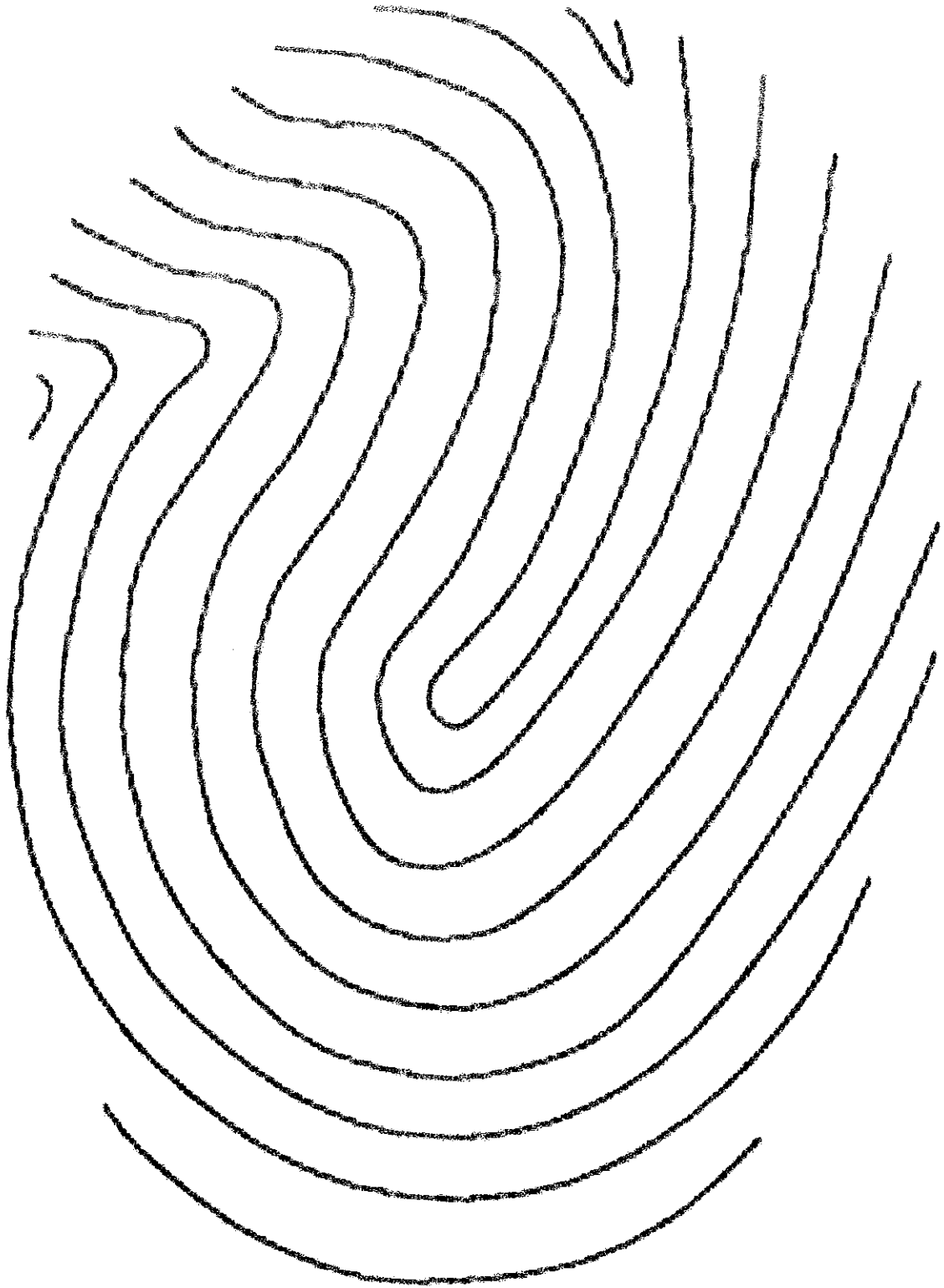
CURVES

People with a curved pattern fingerprint tend to be energetic and confident. Curves can be very stubborn and once they make up their mind to do something it can be very hard to change it. Curve people are pragmatic, courageous and reliable. They unwavering loyalty to their beliefs and friendships cannot be underestimated. Curves may not like times of change but can adapt well. To a curve laziness is not an option as it is the first step towards a downward spiral of depression.



SWIRLS

Those who have swirl fingerprints tend to be a bit of a lone wolf. They like to do things their own way. Some might view these people as cold or selfish but they're not, they are just fiercely independent to the highest degree. Swirls are talented and witty and have a sharp mind. They can do almost anything they put their mind to. Swirls can often feel dissatisfied with themselves and others around them because they want the best for themselves and others. They are very loyal friends you can trust with your life.



I Am Unique

[illegible]

