



Coping Resources and How-To's!

DBT Worksheets:

Click [HERE](#) to access these FREE Dialectical Behavior Therapy "DBT" worksheets at any time for you or a loved one! Each worksheet guides you through a technique for calming, coping, and resolving what makes you anxious.

Mindfulness How-To:

Click [HERE](#) to give your brain a break with our Behavioral Health Navigator, Kathy Walz!

Virtual Calming Room:

Visit our community partner, MSU Extension, online [HERE](#) to experience their virtual calming room that provides a space for learning mindfulness, breathwork, coping skills, and self-care!

Cortisol in the Brain:

What is it? What does it do? And why is it stressing me out? Find out [HERE!](#)

Mindfulness and Breathwork for Children

<https://www.youtube.com/watch?v=RVA2N6tX2cg>

Learn about Mindfulness from Full Resource Guides:

Visit our locally relevant, age-specific online resource guides!

- For mental health: srsly.org/resource-guide
- For substance use support: srsly.org/substance-abuse-guide

Box Breathing:

