

Coping Skills

+ Goal Setting

- Make a list of short and long term goals
- Figure realistic time of accomplishment
- Make this goal visual (i.e. hang it on your locker)

+ Time Management

- Make a "to do" list
- Rank each item of importance

+ Physical Activity

- Find something you ENJOY!
- Do that activity on a regular schedule
- Set physical goals

+ Prioritizing

- Don't procrastinate, if you have time, do it!
- Try to fit in what you enjoy.