

STRESS CATCHER

CATCH SOME GREAT COPING STRATEGIES AND SKILLS FOR MANAGING STRESS

From the **NATIONAL INSTITUTE of MENTAL HEALTH**

Life can get challenging sometimes, and it's important for kids (and adults!) to develop strategies for coping with stress or anxiety. This stress catcher "fortune teller" offers some strategies children can practice and use to help manage stress and other difficult emotions.

Follow the instructions to create a fun and interactive way for children to practice coping strategies.



CREATE YOUR STRESS CATCHER

- STEP 1.** Color the stress catcher (on page 2), and cut out the square.
- STEP 2.** Place the stress catcher face down. Fold each corner to the opposite corner, and then unfold to create two diagonal creases in the square.
- STEP 3.** Fold each corner toward the center of the square so that the numbers and colors are facing you. Turn over the square, and again fold each corner into the center so that the color names are visible.
- STEP 4.** Fold the square in half so that the color names are touching, and the numbers are on the outside. Now open it and fold it in half the other way.
- STEP 5.** Insert your thumb and first finger of each hand (pinching motion) under the number flaps.
- STEP 6.** Close the stress catcher so only the numbers show.

USE YOUR STRESS CATCHER

1. Pick a number, and open and close the stress catcher that number of times.
2. Next, pick a color and spell out the color name, opening and closing the stress catcher for each letter.
3. Then pick a color that is visible and open that flap.
4. Read what it says, and practice the coping strategy.
5. This game can be played with one or two players and is a way to practice coping strategies.



ADDITIONAL RESOURCES

5 Things You Should Know About Stress
www.nimh.nih.gov/stress

The Teen Brain: 7 Things to Know
www.nimh.nih.gov/teenbrain

5 Action Steps for Helping Someone in Emotional Pain
www.nimh.nih.gov/health/publications/5-action-steps-for-helping-someone-in-emotional-pain

National Suicide Prevention Lifeline
www.suicidepreventionlifeline.org
1-800-273-TALK (8255) for free 24-hour help

Crisis Text Line
www.crisistextline.org
Text HELLO to 741741 for free 24-hour help

For more information about mental health, visit the NIMH website at www.nimh.nih.gov. For information on a wide variety of health topics, visit the National Library of Medicine's MedlinePlus service at <https://medlineplus.gov>.



www.nimh.nih.gov

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RED

8

2

1

7

ORANGE

Tell yourself the facts, and don't focus on the worst-case scenario.

Laugh!
Find something funny!

BROWN

Exercise.
Play outside.
Ride a bike, dance, or take a walk.

Talk it out with a trusted adult or friend.

PINK

YELLOW

Listen to or play music.

Write down everything you are feeling.

PURPLE

9

5

GREEN

Imagine a beautiful and peaceful place.

BLUE

Take a few deep breaths. Breathe in through your nose and out through your mouth.

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