

Ways to Cope with Hope



Write in a Journal

As of January 2021 a study by APA reveals that writing can relieve stress and anxiety.

Go on a walk



Seeing the lovely blue sky or the smell of our mother nature can help us to feel calm and relieved.



Drink some tea

Tea can allow you to restart and feel motivated and positive.

Have a hug



A hug can make you feel loved and know that there will always be someone there for you.



Listen to music

Listening to music makes you feel like you're in a whole other world- it can distract you from the real world.

Meditate



Let your brain have a break and put your mind away to other activities,

