

Revise and Restore

Creating a harmonized approach to coping with stress and struggle

Step 1: Recognize Your Stressors

What happens to my body?
How intense are my emotions?
Small - Medium - Big

Step 2: Select Coping Strategies

Revise - Restore

Step 3: Practice Your Strategies

Think about:
How often and where you'll practice?

Step 5: Reflect & Adjust

Reactions Check-in:
How intense are my reactions now?
Any adjustments needed?

Step 4: Communicate with Trusted Adults

Adults can remind you of your strategies, and
be aware and supportive of your strategies.

Revise

*Strategies that directly address the source of the problem
through identifying the problem and taking actions to resolve it*

Restore

*Strategies that regulate and manage your emotional response to
stress by reducing negative emotions and improving well-being*

Set a boundary

Create a schedule

Create a To-Do list

List pros and cons

Use a timer

Talk to an expert

Ask for help

Take a break

Join a study group

Use positive self-talk

Learn a new skill

Challenge negative self-talk

Assume the best

Meditate

Spend time with a pet

Read a book

Cook/Bake

Create art

Listen to music/dance

Be in nature

Write/Journal

Take a nap

Volunteer

Take a shower/bath

Practice deep breathing

Exercise/Play games