



Wellbeing Australia

COPING STRATEGIES FOR DIFFERENT EMOTIONS

Big feelings like anger, sadness, or fear can be overwhelming, but you don't have to let them control you. Try these coping strategies to help you feel better.

When you're feeling overwhelmed, you can try some coping strategies to help you feel better. Try these coping strategies to help you feel better.

Numb & Disconnected 03

- Take a break from social media
- Take a walk
- Spend some time with a friend or family member
- Practice deep breathing
- Listen to music
- Write in a journal
- Take a break from work or school

Anger and Frustration 01

- Exercise
- Talk to someone you trust
- Write in a journal
- Take a break from work or school
- Practice deep breathing
- Listen to music
- Take a break from work or school
- Practice deep breathing
- Listen to music
- Take a break from work or school

Sadness & Fear 04

- Talk to someone you trust
- Write in a journal
- Take a break from work or school
- Practice deep breathing
- Listen to music
- Take a break from work or school
- Practice deep breathing
- Listen to music
- Take a break from work or school
- Practice deep breathing

Shame 05

- Talk to someone you trust
- Write in a journal
- Take a break from work or school
- Practice deep breathing
- Listen to music
- Take a break from work or school
- Practice deep breathing
- Listen to music
- Take a break from work or school
- Practice deep breathing

Need to Feel In Control 06

- Take a break from work or school
- Practice deep breathing
- Listen to music
- Take a break from work or school
- Practice deep breathing
- Listen to music
- Take a break from work or school
- Practice deep breathing
- Listen to music
- Take a break from work or school

Self Hatred 02

- Talk to someone you trust
- Write in a journal
- Take a break from work or school
- Practice deep breathing
- Listen to music
- Take a break from work or school
- Practice deep breathing
- Listen to music
- Take a break from work or school
- Practice deep breathing

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Coping With Australia

Camilla Rothe



Coping With Australia:

Unveiling the Magic of Words: A Overview of "**Coping With Australia**"

In a world defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their capability to kindle emotions, provoke contemplation, and ignite transformative change is actually awe-inspiring. Enter the realm of "**Coping With Australia**," a mesmerizing literary masterpiece penned with a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve into the book's central themes, examine its distinctive writing style, and assess its profound effect on the souls of its readers.

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