

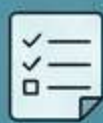
Coping Skills for Adults



WORKPLACE STRESS



Step away from the screen for 5 minutes.



Write down the next **single** task.



FINANCIAL PRESSURE

Name one thing you can control today.

Split immediate from bigger worries.



RELATIONSHIP CONFLICT

Give yourself time to cool off first.

Write out what you actually want to say.



BURNOUT

Protect basic rest like it's non-negotiable. Cut demands you don't need.

