

## What's new at Luzio?

We would like to welcome Alexa Quintero to our agency.

She earned her Master of Social Work at The University of Southern Indiana and her Bachelor of Psychology from Piedmont College.

We are very excited to have Alexa join our team of energetic professionals!

**WELCOME !!!**

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### What are coping skills?

**Coping skills are ways in which we deal with stress. They are skills or things we do to help get us through a difficult or stressful event. Coping skills can be unhealthy or healthy.**

### Why are healthy coping skills important?

Having and using healthy coping skills is important for good mental and physical health. Being able to handle difficult stressors in a healthy way is important to maintain overall health.

#### Examples of unhealthy coping skills:

- Drinking alcohol
- Using illegal drugs
- Gambling
- Smoking cigarettes
- Excessive shopping
- Engaging in self-harm
- Over eating



#### Examples of HEALTHY coping skills:

- ☺ Physical activity – staying active by walking, running, swimming, or exercise
- ☺ Taking time for self-care – doing something for yourself that you enjoy
- ☺ Deep breathing – schedule time to breathe deeply and relax your muscles
- ☺ Listen to music, sing out loud, and dance like nobody is watching
- ☺ Read, draw, and/or journal
- ☺ Humor – watch funny YouTube videos or your favorite funny movie and laugh out loud
- ☺ Practice positive thinking
- ☺ Spend time with friends
- ☺ Pick up a new hobby or take time for an old hobby
- ☺ Bake and/or cook your favorite meal or desert
- ☺ Clean or rearrange your room and/or house

**Talk to your therapist about additional healthy coping skills to try!**