

MENTAL HEALTH COPING STRATEGIES OF WISCONSIN YOUTH

What is something you do to feel better
when you are feeling anxious,
depressed, or alone?

“Breathe.”



How does it make you feel?

“Calm. Better. Fresher.”

Wisconsin high school youth shared these thoughts at the Mental Wellness Student Leadership Summit hosted by the Office of Children’s Mental Health on April 12, 2024 in Madison, WI. Learn more about [school-based peer-led wellness programs](#) in Wisconsin.



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What is something you do to feel better when you are feeling anxious, depressed, or alone?

“Play a relaxing game.”



How does it make you feel?

“Better. Distracts me from what I’m worrying about.”

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What is something you do to feel better when you are feeling anxious, depressed, or alone?

“Listen to music, play guitar.”



How does it make you feel?

**“Calm. Happy. Relaxed. Comforted.
Understood. Stops anxious thoughts.”**

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What is something you do to feel better when you are feeling anxious, depressed, or alone?

“Watch movies from my childhood.”



How does it make you feel?

**“Comforted. Relieved.
Grateful. Distracts me.”**

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What is something you do to feel better when you are feeling anxious, depressed, or alone?

“Talk to a friend.”



How does it make you feel?

“Cared for. Loved. At peace. Happy.”

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What is something you do to feel better when you are feeling anxious, depressed, or alone?

"Go outside."



How does it make you feel?

**"Calm. Relaxed. At peace.
Happy. Reset. Comforted."**

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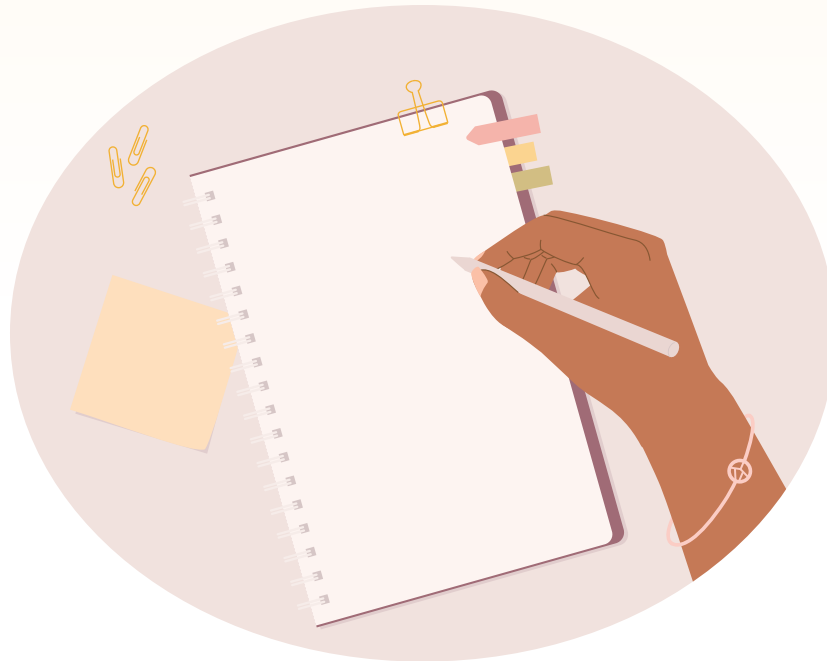


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MENTAL HEALTH COPING STRATEGIES OF WISCONSIN YOUTH

What is something you do to feel better when you are feeling anxious, depressed, or alone?

“Journal.”



How does it make you feel?

“Like I am communicating what I feel. In control. At peace.”

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