

# Coping and problem-solving



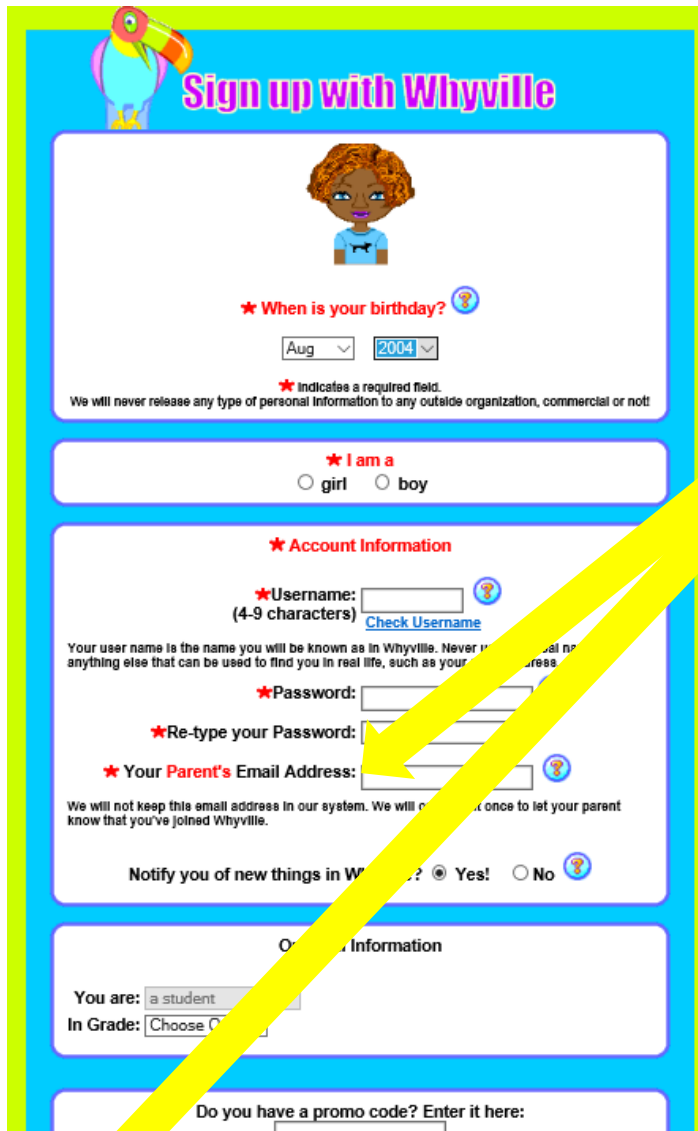
Visit the Wellness Center to share and learn how to cope.

## Wellness Playlist


1. [Journaling](#)
2. [Deep Breathing](#)
3. [Muscle Relaxation](#)
4. [Guided Visualization](#)
5. [PIP: Problems - Ideas - Plans](#)
6. [Pick a mood gem to wear.](#)
7. [Play a game of Stressed Avatar](#)
8. [Find the Tip Sheet related to the game you played.](#)
9. [Comment in the Emotions and Coping Forum](#)


## Parent / Guardian permission for Whyville.net

Your son or daughter is welcome to explore the Whyville virtual Wellness Center within Whyville.net; ages under 14 need a parent's permission.



**Sign up with Whyville**




★ When is your birthday? 

Aug 2004

★ Indicates a required field.  
We will never release any type of personal information to any outside organization, commercial or not!

★ I am a  girl  boy


★ Account Information

★ Username:    
(4-9 characters) [Check Username](#)


Your user name is the name you will be known as in Whyville. Never use anything else that can be used to find you in real life, such as your address.

★ Password:

★ Re-type your Password:

★ Your Parent's Email Address:  

We will not keep this email address in our system. We will contact you once to let your parent know that you've joined Whyville.

Notify you of new things in Whyville?  Yes!  No 

Optional Information

You are:

In Grade:

Do you have a promo code? Enter it here:

Your participation is requested in two places for students under age 14