

A Coping Skills Toolbox is a place for you to keep things that calm you down in periods of distress. If you have everything gathered in one place, it's easier to remember to use your coping skills rather than using negative behaviors.



Self-Soothing

(comforting yourself through your five senses)



1. Touch (ex. stuffed animal, stress ball)
2. Hear (ex. music, meditation guides)
3. See (ex. snow globe, happy pictures)
4. Taste (ex. mints, tea, sour candy)
5. Smell (ex. lotion, candles, perfume)

Mindfulness

(tools for centering and grounding yourself in the present moment)

Examples:

Meditation or relaxation recordings, grounding objects (like a rock or paperweight), yoga mat, breathing exercises

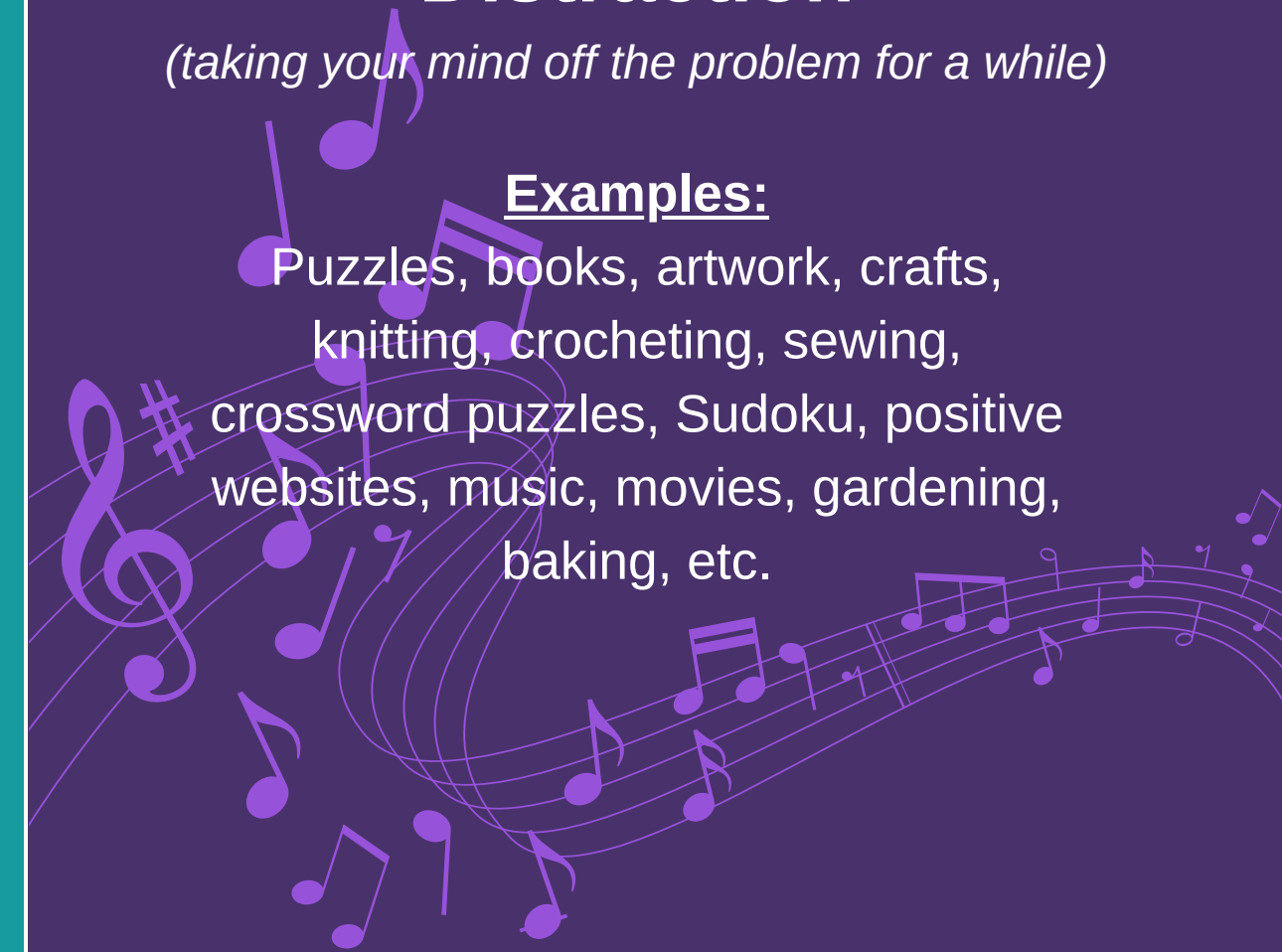


Distraction

(taking your mind off the problem for a while)

Examples:

Puzzles, books, artwork, crafts, knitting, crocheting, sewing, crossword puzzles, Sudoku, positive websites, music, movies, gardening, baking, etc.



Emotional Awareness

(tools for identifying and expressing your feelings)

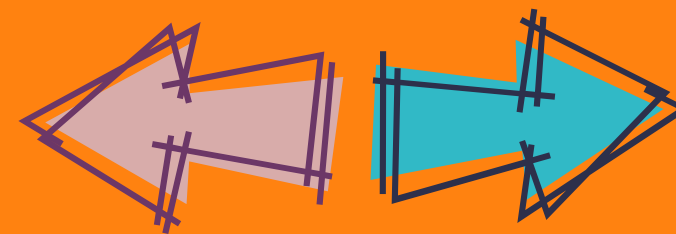
Examples:

Journal, writing supplies, drawing & art supplies, emotions chart or list



Opposite Action

(doing something the opposite of your impulse that's consistent with a more positive emotion)



1. Affirmations and inspirations (ex. looking at or drawing motivational statements or images)
2. Something funny or cheering (ex. funny movie/TV/books)

Crisis Plan

(contact info for supports and resources for when coping skills aren't enough)

Family/Friends
Therapist
Psychiatrist
Hotline
Crisis Team/ER
911