

Coping Skills and Strategies Toolbox

In moments of crisis or heightened stress, our feeling thermometer goes up and emotions escalate. In those moments, we can feel helpless or forget the strategies and tools that have worked for us in the past to help us get calm and feel better. Below is a list of strategies that can be helpful for lowering your feeling thermometer and managing your emotions during these times.

You can circle the tools that work for you and add some of your own to your toolbox.



Breathe



Pray/meditate



Do yoga



Think positive thoughts



Watch TV



Talk to a friend



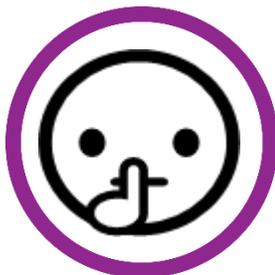
Exercise



Listen to music



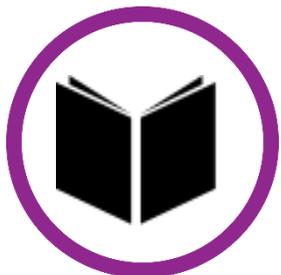
Take a time out



Be alone in a quiet place



Watch a funny movie



Read a book



Blow bubbles



Take a bath with music/candles



Take a long shower



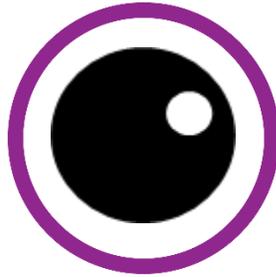
Draw or color



Go for a walk



Dance



Use a stress ball



Play with Play-Doh™ or Silly Putty



Use a comfort item



Use positive imagery to reach a state of calm



Spend time with your pet



Drink water

