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