

5-MINUTE COPING SKILLS CHECK-IN

A Quick Pause To Naming What's Actually Going On



WHAT HAPPENED?
(Just the facts, no judgment)



WHAT AM I FEELING?
(Name it as specifically as you can)



WHERE DO I FEEL IT?
(e.g., tight chest, racing heart, clenched shoulders)



WHAT DO I NEED RIGHT NOW?
(Space, movement, connection...)



WHAT COPING SKILL WILL I TRY?
(Pick one. Give it five minutes.)



5-4-3-2-1 GROUNDING TECHNIQUE



5 Things
You Can
SEE

4 Things
You Can
FEEL



3 Things
You Can
HEAR

2 Things
You Can
SMELL



1 Thing
You Can
TASTE



THE ANGER RESET ACTIVITY

NOTICE



Notice: Tight fists, clenched jaw, rising heat.

PAUSE



Pause: Step away. Don't send that text immediately.

RELEASE



Release: Stretch, walk it off, shake it out.

CHOOSE



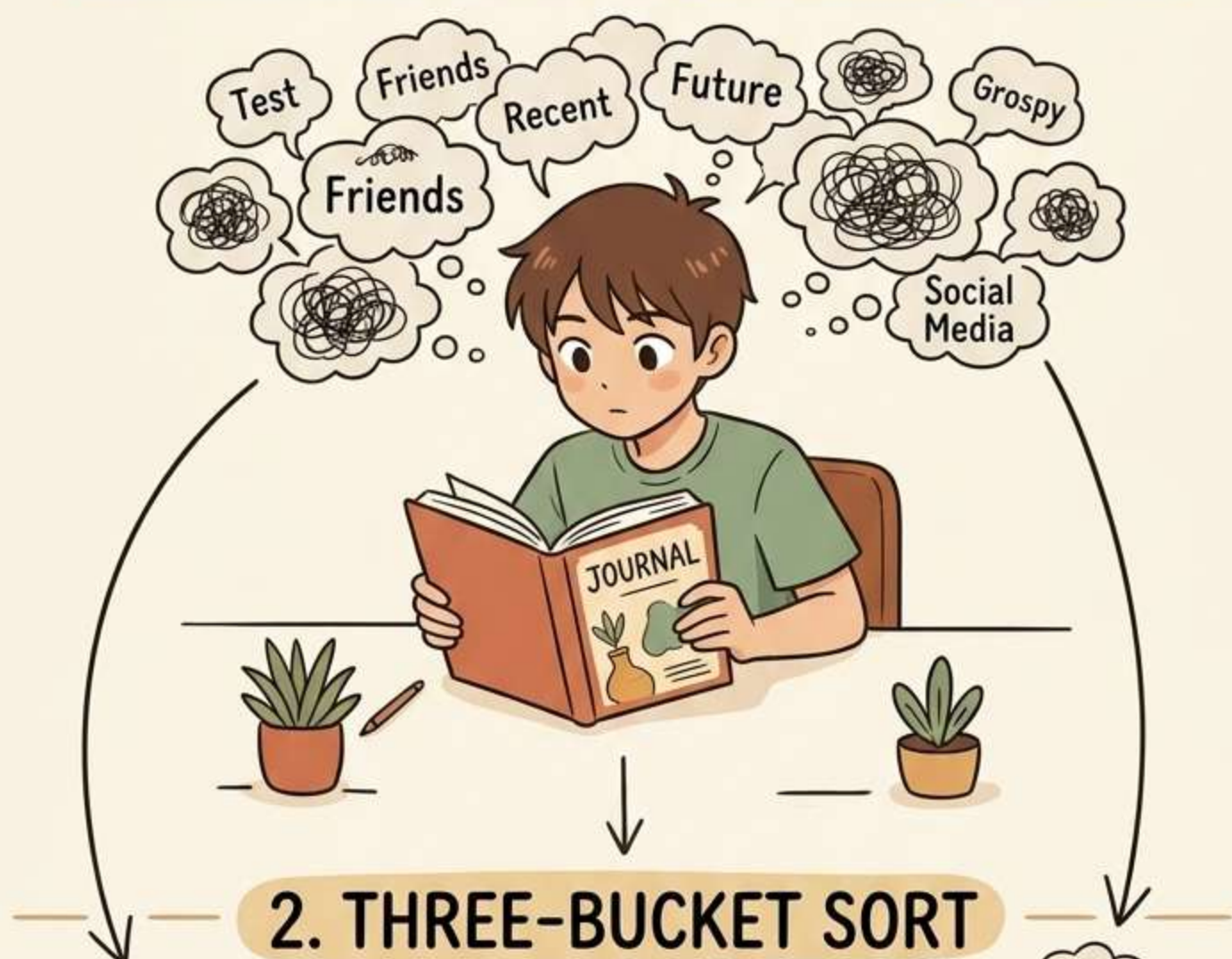
Choose: Once calm, decide your next move. Talk, write, or find help.



WORRY DUMP + THREE-BUCKET SORT

(Teens: Get Your Thoughts Out & Sort Them)

1. WORRY DUMP: Let your thoughts land.



2. THREE-BUCKET SORT



➤ WRITE ONE SMALL STEP.

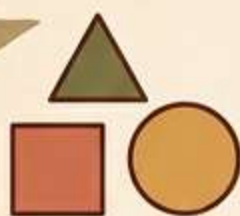
➤ Example:
"STRESSED?
REVIEW 1 TOPIC"

➤ A FRIEND'S MOOD
➤ A POST ONLINE
➤ WHETHER SOMEONE
CHANGES THEIR MIND

➤ BULLYING
➤ UNSAFE CONFLICT
➤ ANYTHING THAT
FEELS UNSAFE



DRAW YOUR EMOTION



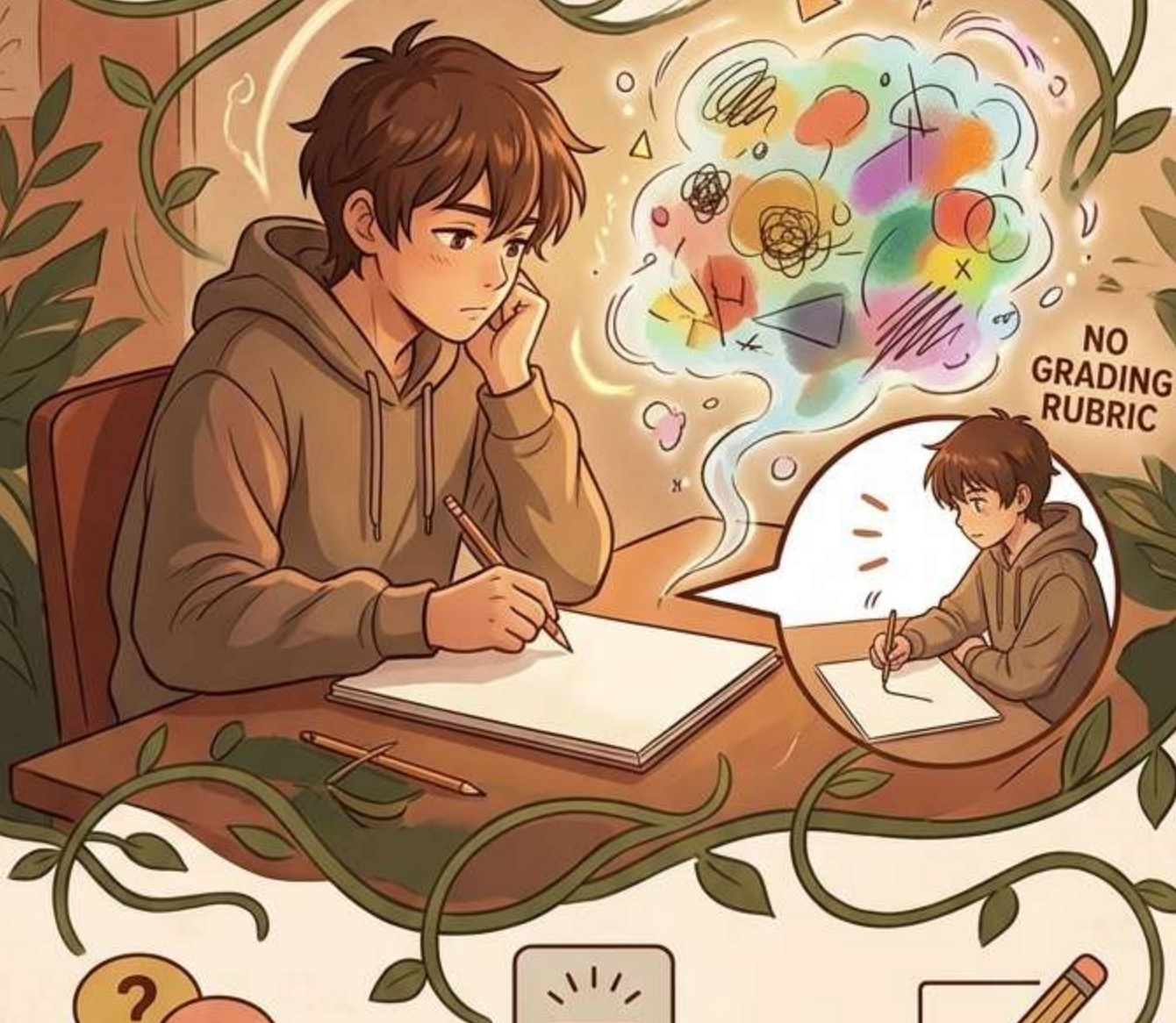
WHAT
SHAPE?



WHERE DO
YOU FEEL IT?



WHAT COLOR
OR TEXTURE?



WHAT IS IT
TELLING YOU?



WHAT MAKES IT
LESS INTENSE?



GIVE COMPLICATED
FEELINGS A PLACE
TO GO.



BUILD-YOUR-OWN COPING BINGO

TAKE 5 SLOW
BREATHS



LISTEN TO A
CALMING



ADD YOUR
OWN!



A CALMING
SONG

WRITE DOWN
WHAT'S
BOTHERING
ME



TEXT A
FRIEND



5 MINS
OUTSIDE



STRETCH

DRAW MY
FEELINGS



PUT PHONE
AWAY FOR



10 MINS



NAME ONE
THING I CAN
CONTROL

➔ BUILD A PERSONAL CARD
FROM YOUR MENU

➔ NO CORRECT WAY, JUST
WHAT WORKS FOR YOU!

➔ AIM FOR 1-2 SQUARES
A DAY

➔ IN GROUPS, COMPARE
CARDS!



BUILD YOUR OWN COPING PLAYLIST



AN EMOTIONAL ARC, NOT A MOOD YANK

- Follow an Emotional Arc, Don't Fight the Mood.
- Ask a Teen to start where they **actually** are.



1. Match
Sadness/Frustration
(Start)



2. Ease the
Emotion
(Middle)



3. Calmer, Lighter,
Steadier
(End)

A Coping Strategy doesn't need to be cheerful to help.



For Pre-School Anxiety



For a Rough Commute



For Winding Down



BODY RESET FOR TEENS:

Not a Workout, Just a Release

- CHOOSE **ONE** BODY-BASED RESET TO FEEL SAFE & DOABLE



NECK, SHOULDER & ARM STRETCH (2 MINS)



5-10 MINUTE WALK (INSIDE OR OUT)



SHAKE OUT HANDS, ARMS, LEGS



TENSE & RELAX MUSCLE GROUPS

AT SCHOOL? TRY THESE SMALL, QUIET MOVES



ROLL SHOULDERS



STRETCH HANDS UNDER DESK

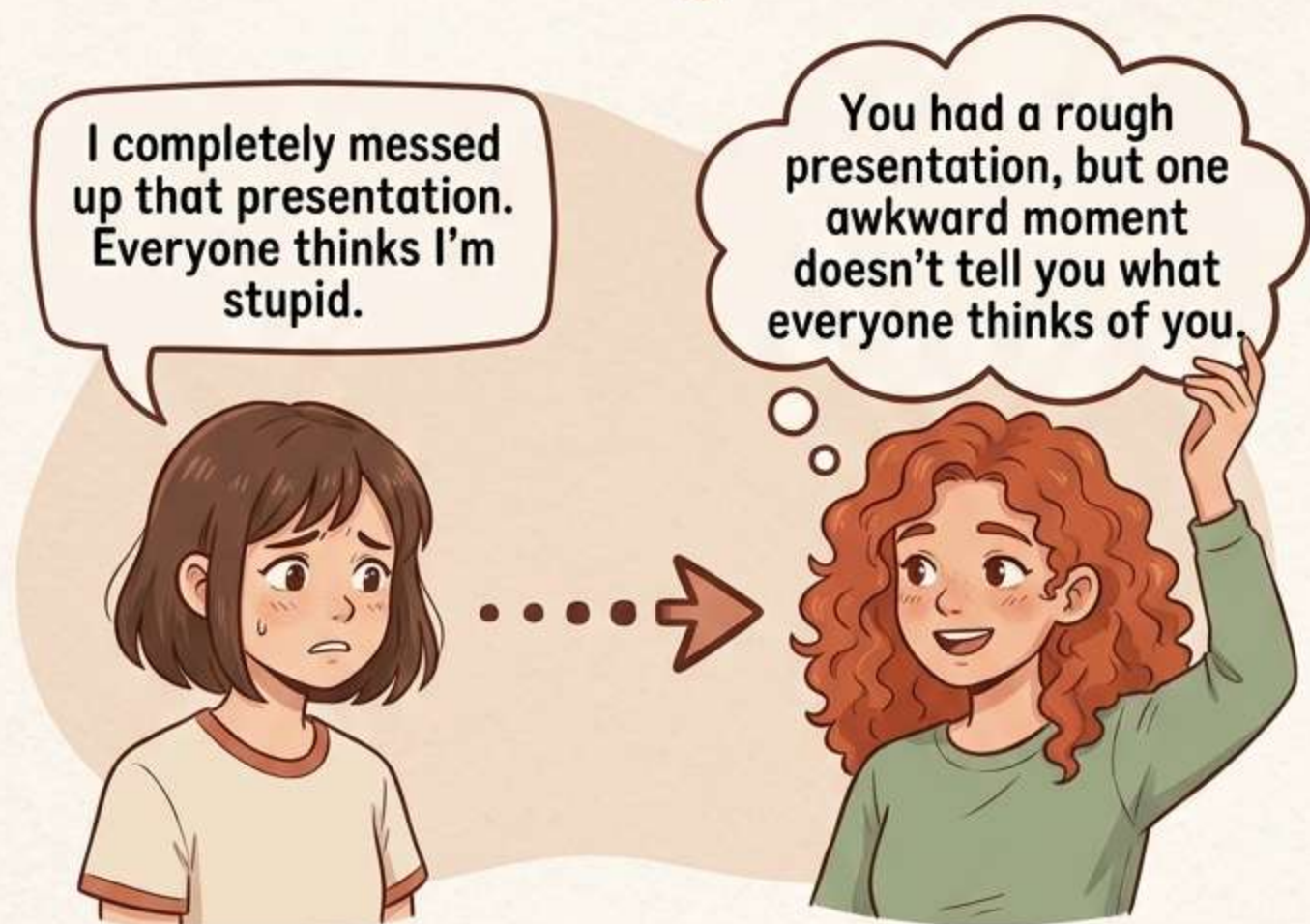


PRESS FEET & BREATHE SLOWLY

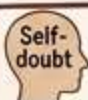
The goal is giving an activated body a signal it's allowed to slow down.



“What Would You Tell a Friend?” Thought Reframe



WHAT HAPPENED: What actually occurred, no exaggeration.



WHAT I'M TELLING MYSELF: The automatic thought, word for word.



WHAT I'D TELL A FRIEND: The honest version, without cruelty.



A MORE BALANCED THOUGHT: What's true and still bearable.



BUILD YOUR PERSONAL COPING SKILLS TOOLBOX

PERSONAL COPING SKILLS

STEP 1: PICK QUICK COPING SKILLS (5 MINS OR LESS)

- ▶ SLOW BREATHING
- ▶ GROUNDING
- ▶ THOUGHT DUMP



TESTING COPING SKILLS



STEP 2: ADD BODY-BASED SKILLS

- ▶ STRETCHING
- ▶ WALKING
- ▶ SHAKE OUT TENSION



STEP 3: ADD EMOTIONAL EXPRESSION SKILLS

- ▶ DRAWING & JOURNALING
- ▶ MUSIC CREATION
- ▶ TALKING TO SOMEONE



STEP 4: ADD YOUR "ASK FOR HELP" SKILL

- ▶ NAME A PERSON
- ▶ HOW TO CONTACT THEM
- ▶ A CONCRETE PLAN

