

BUILD YOUR PERSONAL COPING SKILLS TOOLBOX

PERSONAL COPING SKILLS

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

- ▶ SLOW BREATHING
- ▶ GROUNDING
- ▶ THOUGHT DUMP

TEST 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

