

Coping Skills Toolbox

Build your personalized kit of quick-access strategies sorted by situation, emotion, or setting. Ideal for teens & adults.

When I feel overwhelmed: _____



When I feel angry: _____



When I feel sad or lonely: _____



When I need to calm my body: _____



When I need to clear my head: _____



Contact: _____
Say: " _____ "

When I need support from someone else: _____



Quick Tools:

Use anywhere: _____

Under 5 min: _____

