

COPING SKILLS TOOLBOX

PHYSICAL



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- Exercise
- Stretching
- Deep Breathing

EMOTIONAL



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- Journaling
- Identify Feelings
- Practice Gratitude

COGNITIVE



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- Challenge Thoughts
- Reframe
- Be Mindful

SOCIAL



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- Reach out to Family
- Connect with Friends
- Talk to a Trusted Person

DEBRIEF

- Discuss which area feels easiest and hardest.
- Choose 2 strategies to practice NOW, not just list!

