

Build Your Personal Coping Toolbox

BEST FOR:



Repeated stress & emotional ups/downs



Stuck with "What now?" during a crisis

TIME TO BUILD:

15-20
Minutes



YOUR COP COPING STRATEGY BUILDER:



QUICK CALMING

E.g. 5-4-3-2-1 Technique

My Skill:

Time it takes:



EMOTIONAL RELEASE

E.g. Cry it out, listen to sad music

My Skill:

Time it takes:



PHYSICAL RESET

E.g. 10 Jumping Jacks, Stretching

Time it takes:



CONNECTION

E.g. Call a friend, hug a cat

My Skill: takes:



DISTRACTION

E.g., Play a game, Watch a show

Time it takes:



PROBLEM-SOLVING

Make a to-do list, journal

My Skill: takes:

WHY IT WORKS:



Turn coping into a simple choice



Keep testing and swapping strategies

TIPS:

- Keep your list accessible
- Note skill duration

