

QUICK COPING SKILLS HANDOUT

deep breathing



1. CALM YOUR BODY

slow breathing,
stretch



2. GROUND YOURSELF

notice your
senses

3. MOVE



3. MOVE

walk, dance,
shake it out

4. EXPRESS THE FEELING



4. EXPRESS THE JOURNAL

write, draw,
make music, cry

5. CONNECT



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call a friend,
ask for help

6. TAKE A HEALTHY BREAK



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read, listen to
music, watch
something comfort

7. SOLVE ONE SMALL PART



PUZZLES

pick the smallest
useful action

8. CHANGE YOUR ENVIRONMENT



step outside,
tidy up,
cut noise

9. SET A BOUNDARY



say no, mute
notifications,
step away

