



# Coping Resources

## TOOLS FOR EVERYDAY SUPPORT ♥

Coping skills take practice. Use these tools to help manage stress, big emotions, and challenging moments. You deserve support—anytime, anywhere.



### QUICK CALMING TECHNIQUES



#### BOX BREATHING

Inhale for 4, hold for 4, exhale for 4, hold for 4. Repeat 4 times.



#### 5-4-3-2-1 GROUNDING

5 things you see, 4 you can touch, 3 you hear, 2 you smell, 1 you taste.



#### HEART CHECK-IN

Pause. Take a breath. What am I feeling right now? What do I need?



#### COLD WATER RESET

Splash your face, hold ice, or run cool water over your wrists to reset your body.



#### TAKE A BREAK

Step away. Give yourself permission to rest without guilt. You're allowed.

### EMOTIONS AREN'T GOOD OR BAD—THEY'RE JUST SIGNALS



It's okay to feel happy.



It's okay to feel sad.



It's okay to feel anxious.



It's okay to feel angry.



It's okay to feel all the feels.

### COPING IDEAS TO TRY

- ✓ Go for a walk or get outside
- ✓ Listen to music
- ✓ Write it out (journal, vent, list)
- ✓ Draw, color, or get creative
- ✓ Stretch or do gentle movement
- ✓ Talk to someone you trust
- ✓ Cuddle a pet or plushie
- ✓ Watch something comforting
- ✓ Focus on a small, doable task
- ✓ Use a coping skill from therapy
- ✓ Read an uplifting quote
- ✓ Remind yourself: This feeling will pass. ♥

### CREATE A CALM SPACE



Designate a space that feels safe and soothing to you. Add things that help you feel grounded and at ease.

**Ideas:** soft blanket, candle, plants, books, essential oils, calming playlist, photos, journal, etc. ♥

### REMINDERS FOR TOUGH DAYS

- ✓ You are doing the best you can.
- ✓ It's okay to not have it all together.
- ✓ You are not your thoughts.
- ✓ Progress, not perfection.
- ✓ Small steps still move you forward.
- ✓ You are allowed to take up space.
- ✓ You are worthy of support and care.



### PERSONAL COPE PLAN

- What helps me feel better: \_\_\_\_\_
- Coping skills I want to practice: \_\_\_\_\_
- People I can reach out to: \_\_\_\_\_
- Reminders for when things feel hard: \_\_\_\_\_



YOU ARE STRONGER THAN YOU THINK.  
One breath. One moment. You've got this.



A Sip of Therapy  
ChatGPT

