

Coping Skills Toolbox

Name: _____

<p>Distraction (podcast, read, puzzle, clean, arts & crafts, TV show)</p>	<p>Pros - gives you a break, short-term relief</p> <p>Cons - doesn't get to an underlying issue</p>	<p>Text</p>
<p>Grounding (fragrances, notice colours, walk on grass barefoot, yoga, meditation, exercise)</p>	<p>Pros - helps slow down thoughts, reduces physical symptoms of anxiety</p> <p>Cons - may be better to disassociate (in trauma)</p>	<p>Text</p>
<p>Emotional Release (yell, scream, cold shower, sad/happy movie, dancing)</p>	<p>Pros - great for anger/fear, releases emotional pressure</p> <p>Cons - hard to do in every situation</p>	<p>Text</p>
<p>Self Love (manicure/face mask, bubble bath, brush hair, cook special meal)</p>	<p>Pros - reduces guilt/shame, you deserve it</p> <p>Cons - hard to do when in a negative place/emotional</p>	<p>Text</p>
<p>Thought challenge (write down negative thoughts, list reasons they may not be true, picture a loved one saying these things)</p>	<p>Pros - can shift long-term negative thinking</p> <p>Cons - more emotional you are the harder this is to access</p>	<p>Text</p>
<p>Access to higher self (pray, volunteer, random act of kindness, join a cause)</p>	<p>Pros - reminds you that you have value/purpose</p> <p>Cons - can fixate on saving others rather than self</p>	<p>Text</p>