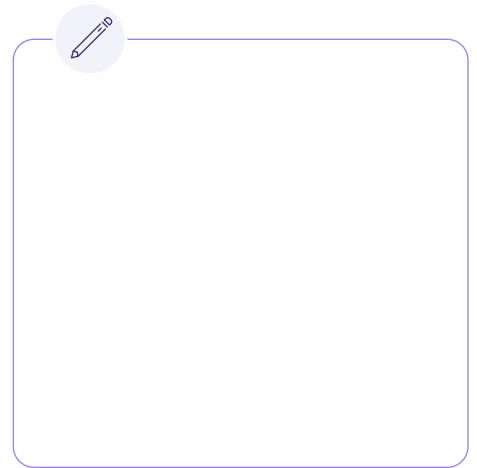
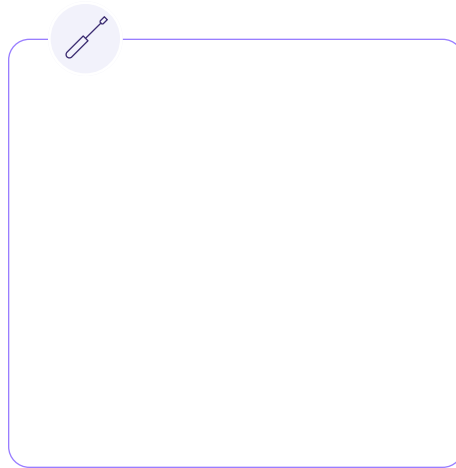
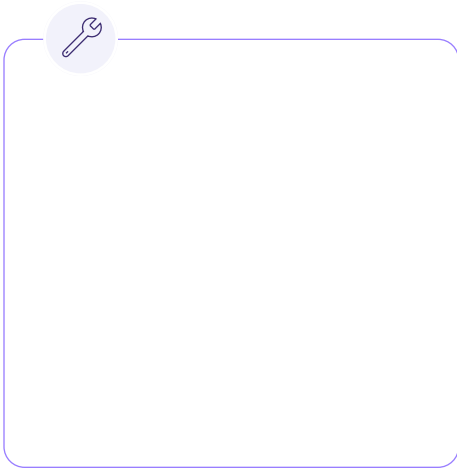




# Coping skills toolset

## Section 1: Tools that have helped me before

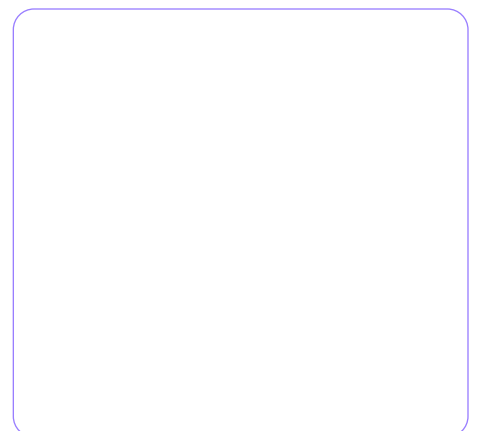
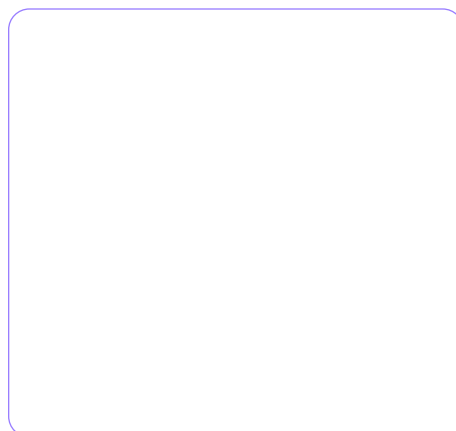

What's something you've done in the past that helped you feel calmer, safer, or more in control?



"I already have some tools!"

## Section 2: New tools I want to try

What's something new you'd like to add to your coping toolbox—something you've heard of, seen others try, or just want to experiment with?



"I'd like to try..."



### Section 3: When I feel, I can choose to....

Fill in emotions you commonly feel, and match them with helpful responses or tools.

When I feel...

I can choose to...

Anxious

Take 3 deep breaths outside

Sad

Text a friend

Overwhelmed

Use my "5 senses" grounding

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### Section 4: Emergency kit

My Go-To Coping Plan for Really Tough Moments

+		
One thing I can do right away:	One person I can reach out to:	One phrase I can say to myself:

You're not starting from scratch- you're growing your strengths.  
Let's keep adding to your toolbox together.