

Create a Coping Skills Toolbox

Ride the wave of negative experiences. What goes up, must come down.

• Self-Soothing •

comfort yourself through your senses

touch something (e.g., stress ball, pet) • listen to something (e.g., music, meditation) • look at something (e.g., snow globe, happy pictures) • smell something (e.g., candle, oil) • taste something (e.g., chocolate, raisin)

• Opposite Action •

do something opposite of your impulses

affirmations & inspirations • funny quotes, TV, movies • phone a friend • exercise • listen to mood-modifying music

• Distraction •

do something to take your mind off the challenge

puzzles • books • artwork • exercise • music • crosswords/sudoku • knitting • cooking

• Mindfulness •

center and ground yourself in the moment

ground yourself, feel your feet on the ground • take a mindful walk • eat something mindfully • try a loving kindness meditation • use your self-soothing senses • squeeze a stress ball • play with a pet • mindful listening with bells • 5-3-1: 5 (minutes of meditation) - 3 (write 3 good things) - 1 (random act of kindness) • 4-7-8 breathing • 5-4-3-2-1: 5 (see) - 4 (touch) - 3 (hear) - 2 (smell) - 1 (taste)

• Positive Emotion •

try a positive intervention

create a positive portfolio (collect items that encourage a positive emotion) • do a 24 hour gratitude review • take a gratitude visit (write a letter to someone you are grateful for and deliver it to them) • try a loving kindness meditation • journal about your future best self • take a strengths inventory (e.g., viacharacter.org) • try out a strength in a new way • look for strengths in others • do a random act of kindness • volunteer • write a reverse bucket list of everything you have accomplished • take a savoring walk • appreciate beauty of art or something in nature • journal about self-compassion (what would a friend tell you if they heard your self-criticizing thoughts) • connect to someone new today and reach out • laugh • seek a hug and physical touch • 5 - 3 - 1

“Yesterday I was clever, so I wanted to change the world. Today I am wise, so I am changing myself.”

— Rumi