

Coping Skills Toolbox

Healthy strategies for managing stress and difficult emotions

Build your personal toolkit of healthy coping strategies. Check off skills you've tried, and star (★) the ones that work best for you.

Relaxation & Calming

| ✓ | Coping Skill | Rating (1-5) |
|--------------------------|--|--------------|
| <input type="checkbox"/> | Deep breathing (4-7-8 technique) | |
| <input type="checkbox"/> | Progressive muscle relaxation | |
| <input type="checkbox"/> | Listen to calming music | |
| <input type="checkbox"/> | Take a warm bath or shower | |
| <input type="checkbox"/> | Practice mindfulness meditation | |
| <input type="checkbox"/> | Use aromatherapy (lavender, chamomile) | |

Physical Activity

| ✓ | Coping Skill | Rating (1-5) |
|--------------------------|---------------------------------|--------------|
| <input type="checkbox"/> | Go for a walk or run | |
| <input type="checkbox"/> | Do yoga or stretching | |
| <input type="checkbox"/> | Dance to your favorite music | |
| <input type="checkbox"/> | Go to the gym | |
| <input type="checkbox"/> | Practice martial arts or boxing | |
| <input type="checkbox"/> | Bike ride or swim | |

Creative Expression

| ✓ | Coping Skill | Rating (1-5) |
|--------------------------|---------------------------|--------------|
| <input type="checkbox"/> | Journal or write poetry | |
| <input type="checkbox"/> | Draw, paint, or color | |
| <input type="checkbox"/> | Play a musical instrument | |
| <input type="checkbox"/> | Craft or DIY project | |
| <input type="checkbox"/> | Photography | |
| <input type="checkbox"/> | Cooking or baking | |

Social Connection

| ✓ | Coping Skill | Rating (1-5) |
|--------------------------|-----------------------|--------------|
| <input type="checkbox"/> | Call or text a friend | |
| <input type="checkbox"/> | Spend time with a pet | |

| | | |
|--------------------------|-------------------------------------|--|
| <input type="checkbox"/> | Join a support group | |
| <input type="checkbox"/> | Volunteer for a cause | |
| <input type="checkbox"/> | Attend a social event | |
| <input type="checkbox"/> | Have coffee with someone supportive | |

Distraction & Fun

| ✓ | Coping Skill | Rating (1-5) |
|--------------------------|-------------------------------------|--------------|
| <input type="checkbox"/> | Watch a favorite movie/show | |
| <input type="checkbox"/> | Read a book or magazine | |
| <input type="checkbox"/> | Play a video game or puzzle | |
| <input type="checkbox"/> | Organize or clean something | |
| <input type="checkbox"/> | Look at funny videos/memes | |
| <input type="checkbox"/> | Go to a favorite place (park, café) | |

Self-Care

| ✓ | Coping Skill | Rating (1-5) |
|--------------------------|----------------------------------|--------------|
| <input type="checkbox"/> | Practice good sleep hygiene | |
| <input type="checkbox"/> | Eat a healthy, nourishing meal | |
| <input type="checkbox"/> | Take medication as prescribed | |
| <input type="checkbox"/> | Say positive affirmations | |
| <input type="checkbox"/> | Give yourself permission to rest | |
| <input type="checkbox"/> | Schedule 'me time' | |

My Emergency Coping Plan

When I'm feeling overwhelmed, I will:

First, I will try:

If that doesn't work, I will:

I can reach out to:

I will remind myself:
