



The Coping Skills Toolbox

What exactly is a Coping Skills Toolbox?

It is a collection of your various favorite and healthy items that you can use when you are feeling anxious, panicky, or distressed.

It has sometimes been recommended that students create a coping skills toolbox for those times when they need something to help them get through an anxiety attack, panic attack, or any kind of distressed situation.

Because there are nearly an infinite number of ways to cope, it is not necessarily important whether you cope like everyone else. All that matters is that you find effective coping methods that will help you to build resilience and to thrive.



Ms. Patrice Davis, Intervention Supervisor



A Coping Skills Toolbox

<p>Let's make a Coping Skills Toolbox!</p>	<p>What Is It? A Coping Skills Toolbox is a place for you to keep things that calm you down in periods of distress. If you have everything gathered in one place, it's easier to remember to use your coping skills rather than using negative behaviors.</p>	<p>Self-Soothing (Comforting yourself through your five senses)</p> <ol style="list-style-type: none"> 1. Something to touch. (Ex: stuffed animal, stress ball) 2. Something to hear. (Ex: music, meditation guides) 3. Something to see. (Ex: snow globe, happy pictures) 4. Something to taste. (Ex: mints, tea, sour candy) 5. Something to smell. (Ex: lotion, candles, perfume)
<p>Distraction (Taking your mind off the problem for a while)</p> <p><u>Examples:</u> Puzzles, books, artwork, crafts, knitting, crocheting, sewing, crossword puzzles, Sudoku, positive websites, music, movies, etc.</p>	<p>Opposite Action (Doing something the opposite of your impulse that's consistent with a more positive emotion)</p> <ol style="list-style-type: none"> 1. Affirmations and Inspirations (Ex: looking at or drawing motivational statements or images) 2. Something funny or cheering (Ex: funny movies/TV/books) 	<p>Emotional Awareness (Tools for identifying and expressing your feelings)</p> <p><u>Examples:</u> A list or chart of emotions, a journal, writing supplies, drawing & art supplies</p>
<p>Mindfulness (Tools for centering and grounding yourself in the present moment)</p> <p><u>Examples:</u> Meditation or relaxation recordings, grounding objects (like a rock or paperweight), yoga mat, breathing exercises</p>	<p>Crisis Plan (Contact info of supports and resources for when coping skills aren't enough)</p> <div style="border: 1px solid black; padding: 10px; text-align: center;"> <p>Family/Friends Therapist Psychiatrist Hotline Crisis Team/ER 911</p> </div>	<p>Put it all together! Once you've gathered all of your items, put them together in a box or other container, decorate it to your heart's content, and put it in a place where you'll remember it. Then USE IT!!</p>

50 Ways to Take a Break

Take a Bath



Listen to Music



Take a Nap



Go to a body of water



Watch the clouds



Light a candle



REST your legs up on a wall



Let out a sigh



Fly a Kite



Watch the stars



Write a Letter



Learn something NEW



Listen to a guided Relaxation



Read a Book



sit in NATURE



2x Move twice as slowly

Take Deep Belly Breaths



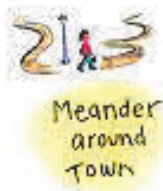
MEDITATE



Call a Friend



Meander around Town



WRITE in a journal



Notice your Body



Buy some Flowers



Find a relaxing Scent



Walk Outside



Go for a run



Take a bike ride



pet a furry creature



Create your own coffee break



View some ART



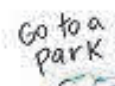
Eat a meal in SILENCE



Turn off all electronics



Go to a park



Examine an everyday object with Fresh Eyes



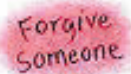
Drive somewhere NEW



Go to a Farmer's Market



Forgive Someone



read or watch something FUNNY



COLOR with Crayons



Make some MUSIC



Climb a Tree



Let go of something



Engage in small acts of KINDNESS



Do some gentle stretches



Paint on a surface other than paper



Write a quick poem



Read poetry



Put on some music and DANCE



Give Thanks



99 Coping Skills

1. Exercise (running, walking, etc.).
2. Put on fake tattoos.
3. Write (poetry, stories, journal).
4. Scribble/doodle on paper.
5. Be with other people.
6. Watch a favorite TV show.
7. Post on web boards, and answer others' posts.
8. Go see a movie.
9. Do a wordsearch or crossword .
10. Do schoolwork.
11. Play a musical instrument.
12. Paint your nails, do your make-up or hair.
13. Sing.
14. Study the sky.
15. Punch a punching bag.
16. Cover yourself with Band-Aids where you want to cut.
17. Let yourself cry.
18. Take a nap (only if you are tired).
19. Take a hot shower or relaxing bath.
20. Play with a pet.
21. Go shopping.
22. Clean something.
23. Knit or sew.
24. Read a good book.
25. Listen to music.
26. Try some aromatherapy (candle, lotion, room spray).
27. Meditate.
28. Go somewhere very public.
29. Bake cookies.
30. Alphabetize your CDs/DVDs/books.
31. Paint or draw.
32. Rip paper into itty-bitty pieces
33. Shoot hoops, kick a ball.
34. Write a letter or send an email.
35. Plan your dream room (colors/ furniture).
36. Hug a pillow or stuffed animal.
37. Hyperfocus on something like a rock, hand, etc.
38. Dance.
39. Make hot chocolate, milkshake or smoothie.
40. Play with modeling clay or Play-Dough.
41. Build a pillow fort.
42. Go for a nice, long drive.
43. Complete something you've been putting off.
44. Draw on yourself with a marker.
45. Take up a new hobby.
46. Look up recipes, cook a meal.
47. Look at pretty things, like flowers or art.
48. Create or build something.
49. Pray.
50. Make a list of blessings in your life.
51. Read the Bible.
52. Go to a friend's house.
53. Jump on a trampoline.
54. Watch an old, happy movie.
55. Contact a hotline/ your therapist.
56. Talk to someone close to you.
57. Ride a bicycle.
58. Feed the ducks, birds, or squirrels.
59. Color with Crayons.
60. Memorize a poem, play, or song.
61. Stretch.
62. Search for ridiculous things on the internet.
63. "Shop" on-line (without buying anything).
64. Color-coordinate your wardrobe.
65. Watch fish.
66. Make a CD/playlist of your favorite songs.
67. Play the "15 minute game." (Avoid something for 15 minutes, when time is up start again.)
68. Plan your wedding/prom/other event.
69. Plant some seeds.
70. Hunt for your perfect home or car on-line.
71. Try to make as many words out of your full name as possible .
72. Sort through your photographs.
73. Play with a balloon.
74. Give yourself a facial.
75. Find yourself some toys and play.
76. Start collecting something.
77. Play video/computer games.
78. Clean up trash at your local park.
79. Perform a random act of kindness for someone.
80. Text or call an old friend.
81. Write yourself an "I love you because..." letter.
82. Look up new words and use them.
83. Rearrange furniture.
84. Write a letter to someone that you may never send.
85. Smile at least five people.
86. Play with little kids.
87. Go for a walk (with or without a friend).
88. Put a puzzle together.
89. Clean your room /closet.
90. Try to do handstands, cartwheels, or backbends.
91. Yoga.
92. Teach your pet a new trick.
93. Learn a new language.
94. Move EVERYTHING in your room to a new spot.
95. Get together with friends and play Frisbee, soccer or basketball.
96. Hug a friend or family member.
97. Search on-line for new songs/ artists.
98. Make a list of goals for the week/ month/year/5 years.
99. Face paint.