

## THE HELPFUL COPING SKILLS TOOLBOX

### Self-Soothing

#### -Using your 5 senses to find comfort-

- Something to touch (ex. stuffed animal, stress ball, favorite blanket).
- Something to hear (ex. music, podcast, running water).
- Something to see - (photos, lava lamp, glitter jar, snow globe).
- Something to taste (ex. mints, sour candy, tea, citrus fruits).
- Something to smell (ex. room spray, body oil/lotion, candle, freshly washed laundry, food cooking).

### Distraction

#### -Taking your mind off of it for awhile-

##### Idea List

Movie, TV show, puzzle, artwork, audio/print book, crafting, crosswords, sudoku, music, board game, get outdoors (walking, hiking, biking, skating), meeting up with a friend, video games.

### Opposite Action

#### -Doing the opposite of your impulse that's consistent with a more positive feeling-

- Words of affirmation and feeling inspired (ex. Looking at mural/painting, motivational quotes/stories, calling upon your ancestors for guidance).
- Doing something cheerful or silly (blasting music to move your body, hula-hooping, funny movie/tv show, funny faces in the mirror).

### Emotional Awareness

#### -Help you better call out and express your feelings. Let's name it to tame it-

##### Idea List

Circling your feelings on a feelings chart, journaling, drawing/painting, quotes/lyrics that express your situation, using "I" statements when expressing yourself.

### Acceptance

#### -Radically accepting rather than rejecting the reality-

Radical acceptance is NOT approving the situation, but instead we allow ourselves to completely and totally accept the situation with our mind, body and soul. It means knowing we can't change the things outside of our control so that we can prevent ourselves from being stuck in unhappiness, anger, and sadness.

### Crisis Planning

#### -Contact info of supports and resources for when coping just ain't doing it-

Safe family/friends  
Therapist  
Psychiatrist  
Hotline  
Crisis Team  
Emergency Room  
911