

Coping Skills

Things you can do to help yourself feel better in the moment!



Thinking Copping

Changing how we think about the situation.

- **Instead of "This is too hard,"** try: "I can do one small step at a time."
- **Instead of "I'm going to fail,"** try: "I have gotten through hard things before."
- **Instead of "Everyone is looking at me,"** try: "Most people are focused on themselves."
- **Instead of "Nothing ever goes right,"** try: "This moment is hard, but it will pass."
- **Instead of "I can't do anything,"** try: "What is one thing I CAN control right now?"
- **Remind yourself:** "Feeling scared doesn't mean something is actually dangerous."



Doing Copping

Taking action to change or solve the problem

- **If the room is too loud,** move to a quieter spot or step outside for a moment.
- **If a task feels too big,** break it down into smaller pieces and do just one piece.
- **If you don't understand something,** ask for help.
- **If there is a problem with a friend,** talk to them directly or write them a note.
- **If you have too many things to remember,** write them down in a list so you don't forget.
- **If you need a break,** take a short break! Set a timer for 5 minutes, then return.



Feeling Copping

Helping calm our emotions in the moment

- **If you feel scared,** hold someone's hand or wrap a cozy blanket around yourself.
- **If you feel anxious,** try slow deep breaths. Breathe in for 4, hold for 4, breath out for 4.
- **If you feel overwhelmed,** name 5 things you can see and 4 things you can touch to ground yourself.
- **If you feel upset,** listen to a calming or favorite song to shift your mood.
- **If you feel tense,** squeeze and release your hands or shake out your arms.
- **If you feel sad,** hug a stuffed animal, pet, or pillow for comfort and warmth