

Coping Skills

Reframing Thoughts



Coping Skills



The worksheets in this section are designed to help you create your own chest of coping skills for when anxiety or worry strikes.

Negative and anxious thinking is NOT helpful. It's important to practice balanced thinking.

We can start by learning that thoughts are not facts. And more often than not our thoughts are wrong. Unhelpful patterns of thinking fuel anxiety.

The worksheets in this section are designed to help you become a more balanced thinker by learning to recognize and change your thinking style. Take a stand and talk back against your anxiety bully.

WHEREVER YOU GO
NO MATTER WHAT THE WEATHER,
ALWAYS BRING YOUR OWN
SUNSHINE



COPING SKILLS TREASURE CHEST

This is a collection of your favorite tools and strategies to use when you are feeling anxious, scared, worried, angry, or stressed.

ENTER YOUR CALMING SPACE



Hug a tree

Walk on your
TIPTOES



Practice **YOGA**



DANCE



Cuddle or play
WITH YOUR PET



Squeeze a
BALL



 **DRINK RELAXATION TEA**

 **Change scenery
OR STEP OUTSIDE**

Drink a
GLASS OF WATER



CRY



 **COUNT to 10**

 **SMILE OR LAUGH**

Listen to MUSIC



SIT IN SILENCE

Think good
THOUGHTS



Have a
HEALTHY SNACK



Talk to a **FRIEND**



COUNT BACKWARDS

Take 10
DEEP BREATHS



Read a **BOOK**



PAUSE
what you're doing



Grab a
FIDGET TOY



JOURNAL
or write a letter



**NAME 5 THINGS
YOU'RE GRATEFUL FOR**



Do 10
JUMPING JACKS



TAKE A REST OR NAP

**Positive self-talk
(USE AFFIRMATIONS)**

**NAME
your emotion**



Give a
BIG HUG





My Coping Survival Guide



MY 3 FAVORITE
COPING
STRATEGIES

#1

#2

#3



WHO SUPPORTS
ME?

share your feelings

WHAT MAKES ME LAUGH?

WHAT MAKES ME SMILE?

DO YOUR FAVORITE THINGS

my favorite positive affirmation

my favorite positive affirmation



BEST WAYS TO RELAX

Just Breathe

*Take 10 deep breaths;
you've got this*

now count with me

Use one word
to describe
how you feel

Ideas to get moving

