COPING CARD

To care for others, we must also take care of ourselves.

Check in on the basics
When was the last time I:
• Ate?
• Drank water?
• Slept?
• Exercised?

Coping Statements
1. I am trained to take care of others. I am doing the best I can.
2. This too will pass.

Add 2 of your own

Activities for a 30-second break to calm:
• Put cold water or an ice pack on your face.
• Slow breathing down by breathing in for 4 seconds and out for 6 seconds.
• Notice 3 things of the same color in the room.
• Send a text to someone you care about.

Take 1 minute
Close your eyes or keep them open with a soft gaze. Thinking of a calming place, what do you see, hear and smell? Who is there with you? Take yourself to this place when you need a moment of calm.

If you find that you cannot do anything else, remember to take one deep breath — in through your nose and out through your mouth.

How are you doing this week? BCM is offering an online self-assessment called the Well-Being Index (WBI) and other mental health resources. The WBI can be taken every 7 days and provides immediate individualized feedback and resources to support your well-being. Visit the Well-Being Index login page and use your specific invitation code below to sign up.

Physician Faculty: BCM PHYSICIAN
Scientists (Ph.D. or M.D./Ph.D.): BCM GSBS
Resident and Fellow Physicians: BCM HOUSESTAFF
School of Health Professions Faculty: BCM HEALTHPROF
All Other BCM Clinicians: OTHER CLINICIAN
School of Health Professions Students: HEALTHPROF STUDENTS
Medical Students: BCM MEDSTUDENT
Graduate Students / Postdoctoral Basic Science Research Fellows: GSBS STUDENT/POSTDOC
Educational Staff: BCM EDUCATION
All Other BCM Staff: BCM STAFF

All WBI scores are anonymous and respondent answers cannot be traced back to you.
Questions about the Well-Being Index? Email: well-beingteam@bcm.edu

Adapted from NYU Langone Coping Card