

Choosing Your Coping Tools

When our emotions are really intense, there are things we can do to change our emotional state to help us feel better. Here are some examples. Put a check next to the coping tools that work for you and a check next to those you want to try.

ACTIVITIES

	Works well	Want to try it!
Read a book	<input type="checkbox"/>	<input type="checkbox"/>
Listen to music	<input type="checkbox"/>	<input type="checkbox"/>
Draw, doodle, or paint	<input type="checkbox"/>	<input type="checkbox"/>
Watch your favorite movie	<input type="checkbox"/>	<input type="checkbox"/>
Cook or bake	<input type="checkbox"/>	<input type="checkbox"/>
Puzzles or Legos	<input type="checkbox"/>	<input type="checkbox"/>
Go on a walk, jog, or hike	<input type="checkbox"/>	<input type="checkbox"/>
Spend time with a pet	<input type="checkbox"/>	<input type="checkbox"/>
Journaling	<input type="checkbox"/>	<input type="checkbox"/>
Practice an instrument or other hobby	<input type="checkbox"/>	<input type="checkbox"/>
Take a warm bath or shower	<input type="checkbox"/>	<input type="checkbox"/>
Dance or move your body	<input type="checkbox"/>	<input type="checkbox"/>
Other:	<input type="checkbox"/>	<input type="checkbox"/>
Other:	<input type="checkbox"/>	<input type="checkbox"/>
Other:	<input type="checkbox"/>	<input type="checkbox"/>
Other:	<input type="checkbox"/>	<input type="checkbox"/>

SENSORY COPING

	Works well	Want to try it!
Weighted blanket	<input type="checkbox"/>	<input type="checkbox"/>
Pressure vest or compression clothing	<input type="checkbox"/>	<input type="checkbox"/>
Stress balls	<input type="checkbox"/>	<input type="checkbox"/>
Slime	<input type="checkbox"/>	<input type="checkbox"/>
Fidget toys	<input type="checkbox"/>	<input type="checkbox"/>
Light your favorite candle	<input type="checkbox"/>	<input type="checkbox"/>
Alone time or quiet time	<input type="checkbox"/>	<input type="checkbox"/>
Pillows or plushies	<input type="checkbox"/>	<input type="checkbox"/>
Put on relaxing music	<input type="checkbox"/>	<input type="checkbox"/>
Noise-cancelling headphones	<input type="checkbox"/>	<input type="checkbox"/>
Other:	<input type="checkbox"/>	<input type="checkbox"/>
Other:	<input type="checkbox"/>	<input type="checkbox"/>
Other:	<input type="checkbox"/>	<input type="checkbox"/>
Other:	<input type="checkbox"/>	<input type="checkbox"/>

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MINDFULNESS

	Works well	Want to try it!
Yoga or stretching	<input type="checkbox"/>	<input type="checkbox"/>
Guided meditation	<input type="checkbox"/>	<input type="checkbox"/>
Deep breathing	<input type="checkbox"/>	<input type="checkbox"/>
Progressive muscle relaxation	<input type="checkbox"/>	<input type="checkbox"/>
5-4-3-2-1 grounding	<input type="checkbox"/>	<input type="checkbox"/>
Pressure holds	<input type="checkbox"/>	<input type="checkbox"/>
Spend time in nature	<input type="checkbox"/>	<input type="checkbox"/>
Talk to a trusted adult	<input type="checkbox"/>	<input type="checkbox"/>
Other:	<input type="checkbox"/>	<input type="checkbox"/>
Other:	<input type="checkbox"/>	<input type="checkbox"/>
Other:	<input type="checkbox"/>	<input type="checkbox"/>
Other:	<input type="checkbox"/>	<input type="checkbox"/>

Now, choose two activities that you would like to use as a coping tool this week. Make sure one of the skills is one you can use in pretty much any situation, like deep breathing or 5-4-3-2-1.

Coping skill 1:

Coping skill 2: