

# Coping Strategy Cards



## Take Deep Breaths



Breathe in slowly through your nose. Breathe out slowly through your mouth. Repeat 3 times.

## 5-4-3-2-1 Grounding

- 5 things you see
- 4 things you feel
- 3 things you hear
- 2 things you smell
- 1 thing you taste

Focus on the present.

## Take a Break



Step away for a few minutes. Give yourself time to reset.

## Talk About It



Talk to someone you trust. Share how you are feeling.

## Drink Water



Take a sip of water. It helps your body and your mind.

## Stretch Your Body



Stretch your arms, neck and legs. Release the tension.

## Positive Self-Talk



Say kind and helpful things to yourself.

## Count Slowly



Count from 1 to 10 slowly. Take your time.

## Draw or Doodle



Draw your feelings or doodle freely. It can help you express yourself.

## Listen to Music



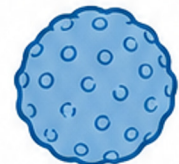
Listen to a calming song you enjoy. Let the music help you relax.

## Go for a Walk



Step outside and move your body. Fresh air can help you feel better.

## Use a Calm Down Objects



Use a stress ball, fidget or other calm down object.

## Write It Down



Write your thoughts or how you feel. Get it out on paper.

## Gratitude Check



Think of 3 things you are grateful for. Focus on the good.

## Imagine a Safe Place



Close your eyes and picture a place where you feel calm and safe.

## Ask for Help



It's okay to ask for help. You don't have to do it alone.