

MY COPING SKILLS CHECKLIST

When I Feel Mad, Sad, Worried or Unfocused I Can...

☐ Draw or Color

☐ Use a Breathing Board

☐ Try Wave Breathing

☐ Read a Book or Look at Feel-Good Pictures

☒ Exercise or Play a Sport

☐ Build Something or Do a Puzzle

☐ Get a Hug

☐ Think of a Happy Memory or Peaceful Place

☐ Stretch or Do Yoga

☒ Use a Tool from the Calm Box

☒ Get a Drink of Water

☐ Push Against the Wall and Then Relax

☐ Help Someone or Do a Chore

☐ Try 5 Finger Breathing

☐ Ask for Help

☐ List 3 Positive Things I Am Grateful For (or more)

☐ Journal or Write a Letter

☐ Use Positive Self-Talk

☐ Squeeze Then Relax My Muscles (Try 'Rocks & Socks')

☐ Take Slow Breaths & Just Sit with My Feelings

50 Distraction Techniques For People With Depression

**Sarah Byrne,Max Birchwood,Peter E.
Trower,Alan Meaden**



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