FREE COPING SKILLS WORKSHEET

My Coping Skills Toolbox

Check the tools that already help you and add your own. Keep this sheet where you can see it.

Calm my body

- [ ] Slow breathing (in 4, out 6)
- [ ] Warm shower or bath
- [ ] Stretch or gentle walk
- [ ] Hold something cold or warm
- [ ] _____

Distract my mind

- [ ] Music or a podcast
- [ ] Puzzle, game or coloring
- [ ] Clean or organize one small space
- [ ] Watch a favorite show
- [ ] _____

Connect with others

- [ ] Call or text someone I trust
- [ ] Spend time with family or a pet
- [ ] Go to a group, church or class
- [ ] Ask for a hug
- [ ] _____

Express my feelings

- [ ] Write in a journal
- [ ] Draw, paint or create
- [ ] Cry if I need to
- [ ] Talk it out
- [ ] _____

Soothe my senses

- [ ] A cup of tea or coffee
- [ ] A candle or a scent I like
- [ ] A soft blanket
- [ ] Look at photos that make me smile
- [ ] _____

Meaning and faith

- [ ] Prayer or meditation
- [ ] Time in nature
- [ ] Read something inspiring
- [ ] Remember what matters to me
- [ ] _____

My own coping skills:

_____

_____

Credit: *Inspired by the distress tolerance and self-soothe skills of Dialectical Behavior Therapy (DBT), developed by Marsha M. Linehan, PhD. Worksheet adapted by Sede Counseling.*

Sede Counseling · sedecounseling.org · (503) 782-8627

Free tool for education, not a replacement for therapy. In crisis? Call or text **988**.