

"IN THE MOMENT" COPING SKILLS

WHEN YOU'RE STRESSED, ANXIOUS, MAD, HURT, UPSET, OR NEED A BREAK

PRACTICE 4-7-8 BREATHING

(BREATH IN FOR A COUNT OF 4, HOLD FOR A COUNT OF 7, AND BREATHE OUT FOR A COUNT OF 8)

ALTERNATELY TENSE AND RELAX YOUR BODY

REST YOUR HEAD ON A TABLE OR DESK BRIEFLY

GROUNDING

(NAME 5 THINGS YOU CAN SEE, HEAR, FEEL, SMELL)

PRACTICE POSITIVE SELF-TALK

("I CAN HANDLE THIS. I AM OKAY.")

THINK OF A PLACE YOU'VE FELT SAFE IN THE PAST

TAKE A MOMENT TO CLOSE YOUR EYES, TAKE A FEW DEEP BREATHS, AND VISUALIZE THE PLACE.

HOLD A STUFFED ANIMAL OR BLANKET OR PILLOW

COUNT SLOWLY BACKWARD FROM 100

GIVE YOURSELF A TIGHT HUG

SQUEEZE A SQUISHY BALL

TELL YOURSELF THOUGHTS ARE JUST THOUGHTS

TOUCH AN OBJECT CLOSE TO YOU AND FOCUS ON THE SENSATIONS

CONCENTRATE ON A SMELL OR A TASTE

(YOUR FAVORITE CANDLE OR A MINT)

