COPING SKILLS

When we are feeling anxious we often show some erratic and irrational behaviour that can make us feel uncomfortable and not act in a way that we are proud of.

During an anxious episode it is often hard for us to think straight and know what the right thing to do is that will help calm us down.

That is why we use coping skills.

Coping skills are a set of strategies that help calm you down and you can implement them when you are feeling worried, uncomfortable or anxious to help you get through the tough time.

They are designed to help minimise your physical symptoms and give you relief from your worried thoughts.

Everybody will have a set of coping skills that works well for them and they might be different from yours, that is ok because the key is to finding things that work for you and help you control your thoughts, feelings and behaviour in a more positive and helpful way.

This activity has already identified the main coping strategies that work for most people. Over time you will find that some work better than others and you might even want to add some of your own ideas.

MY COPING SKILLS TRACKER - DIARY

FOR PARENTS/PRACTITONER ONLY

Keep a record of the coping strategies that work best in different situations, you might start to see a pattern.

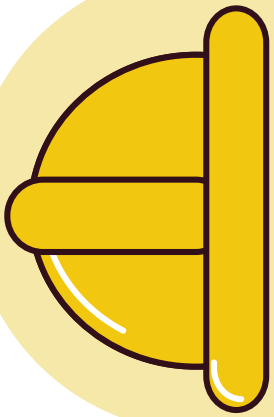
When you identify coping skills that work, try and brain storm more coping strategies that you could implement.

WHAT HAPPENED	BEHAVIOUR	COPING STRATEGY USED	RESULT

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WHAT HAPPENED	BEHAVIOUR	COPING STRATEGY USED	RESULT

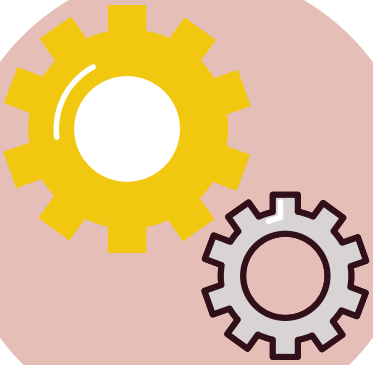
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Play sport

Playing sport helps take your mind off the things that were bothering you. It is also something fun to do.





Take deep breaths

Breathe slowly in through your nose, and then slowly out through your mouth.

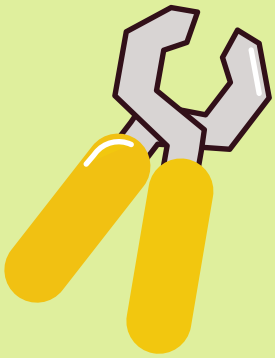




Do some colouring in or drawing

Try drawing a picture of your favourite memory.



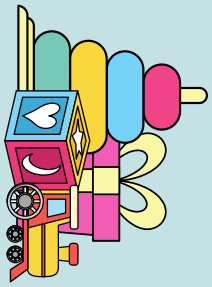


Count to 10

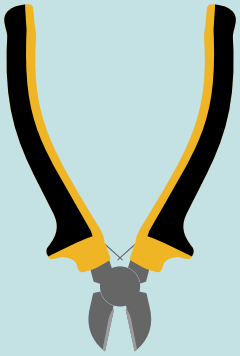
Count to 10 slowly. When you have finished you can then count backwards from 10 to 1.



Play with my toys



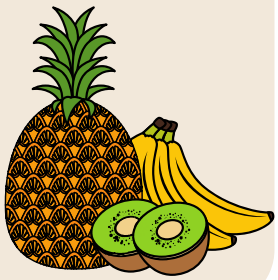
Try distracting yourself, by playing with your favourite toys.

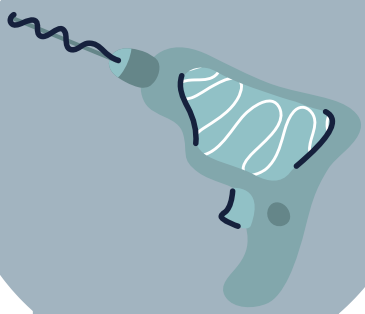




Eat some healthy food

Eating healthy food is good for your body and brain.

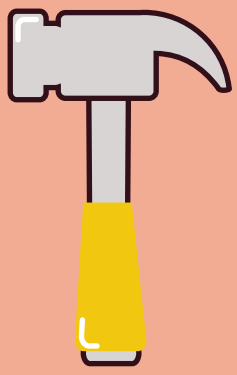




Listen to my favourite music

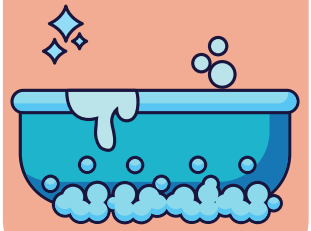
Make a playlist with all your favourite songs on it.





Have a warm bath

Take time out by having a nice warm bath. This will help you feel calm and relaxed.



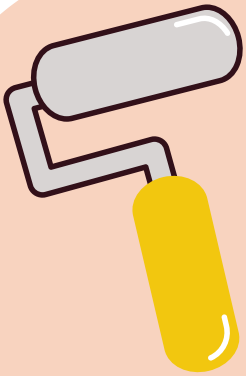
Ask for a cuddle



Ask for a cuddle. You could cuddle someone that makes you feel safe or you could cuddle your teddy bear.



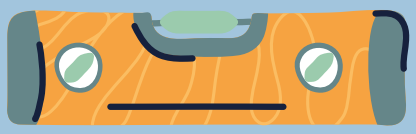
Do some stretching



When you get upset your muscles start to tense up. stretching your body will help you to feel better.



Go for a bike ride



Try going for a bike ride. Doing exercise and getting fresh air is a great way to feel better.

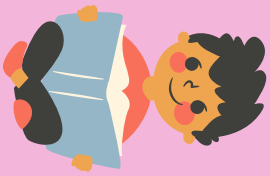


Talk to myself nicely



Write down or say all the things that you like about yourself.





Read a book

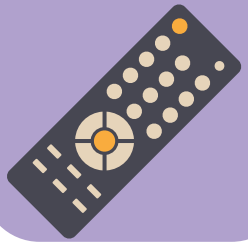
Find a quiet place and read your favourite book.

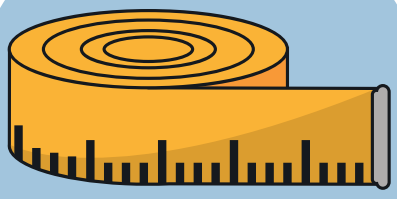




Think of my favourite memories

Try switching your thoughts in your mind. You can do this by thinking about your favourite memory.

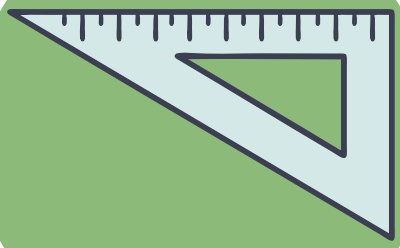




Go for a run

Go for a run or participate in some exercise. This will help you to feel calm and happy.



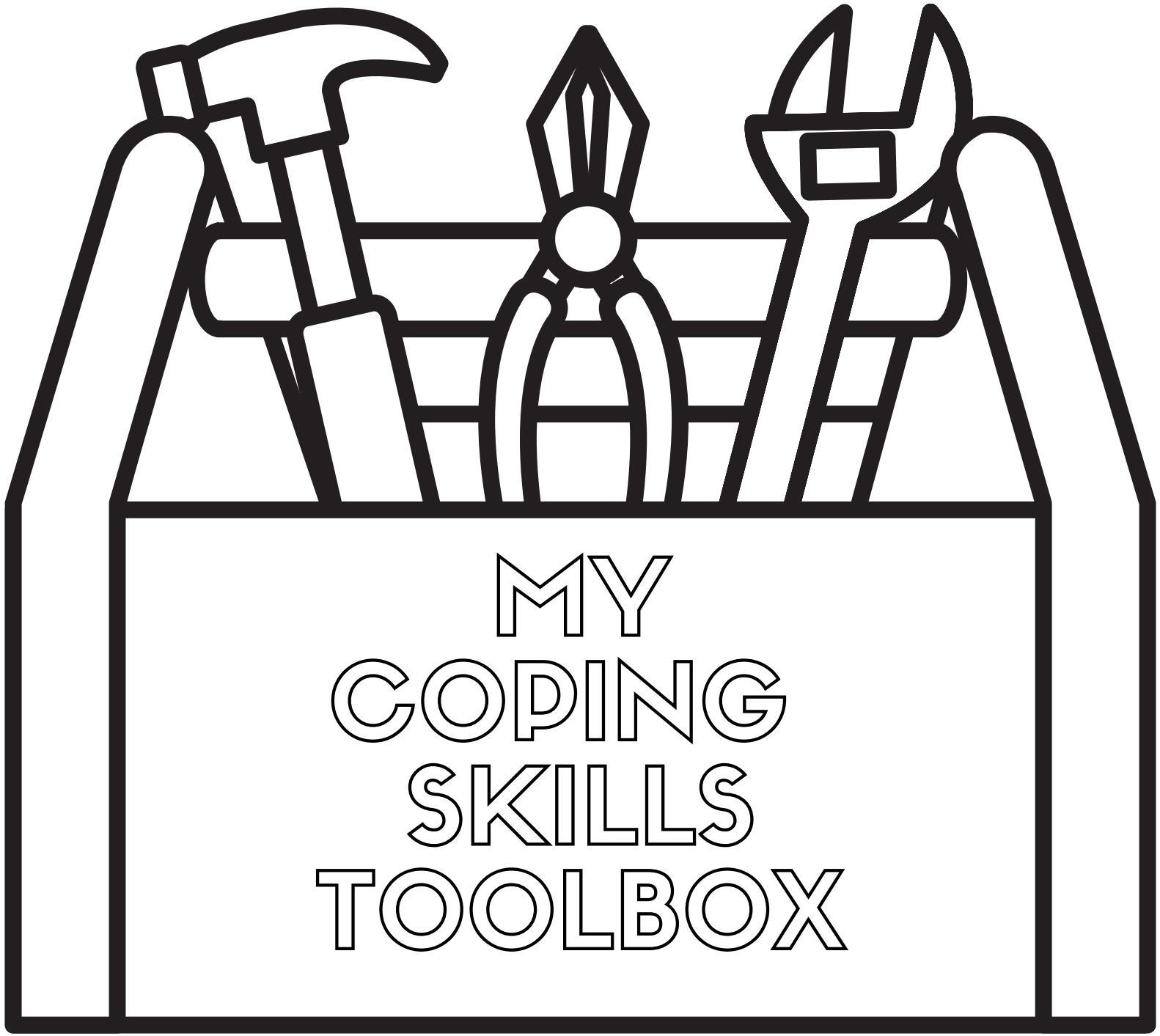


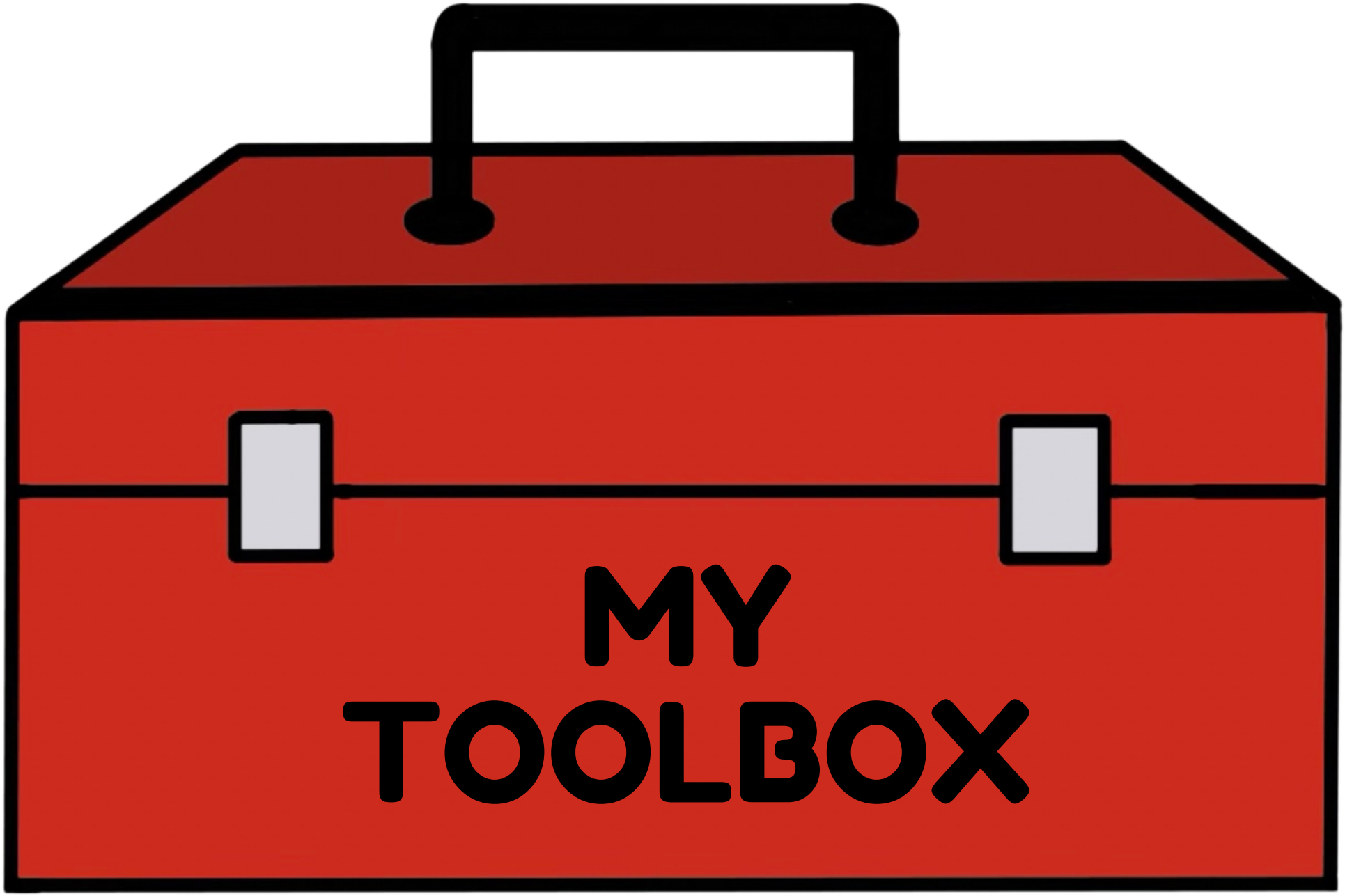
Write in my journal

Write in your journal. Expressing your feelings will help you feel better again.

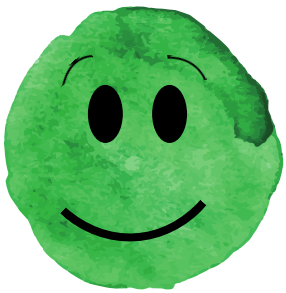


COLOURING IN PAGE




MY
TOOLBOX

HOW ARE YOU FEELING?



Happy



Calm



Focused



Sad



Hurt



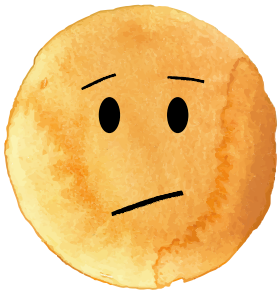
Tired



Excited



Frustrated



Worried



Angry



Terrified



Out of Control

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