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My Coping Skills Card

When I am feeling upset, angry, or worried I know that the thinking part of my brain goes offline. The things I need to remember to calm myself down and to feel more in control of my feelings are:

1. My **breathing** - 3,4,5 or another breathing technique which is helpful to me?
2. How can I **distract myself**? Counting in my head, thinking of something funny or is there anything I could physically do to distract myself, such as listening to music, getting outside or talking to a friend or family member?
3. Remember to do things I find **relaxing** and which help me to feel physically calmer- doing some exercise, being around nature, playing with pets, creative activities, listening to music etc.
4. Use my **imagination** - remember my '**okay**' place.
5. Try to spot my negative thoughts, unhelpful thinking habits and **try to challenge these negative thoughts**, reminding myself that I can cope with how I am feeling (coping statements).
6. Practise the **mindfulness and grounding techniques**- focus on your breathing, things you can see around you, sounds you can hear, sensations you feel in your body etc.
7. Remind myself how important it is to **take care of myself**- am I sleeping and eating well, getting enough exercise, making sure that I am balancing my life based on **ACE activities**?
8. Manage my worries well- write them down, speak to others, use the **worry tree**, and set **designated times to worry**. Which worries do I have some control over so I can problem-solve?
9. What am I **grateful for** and what is going well in my life?
10. Keep setting myself **short and long-term goals** to work towards. Is there anything new I want to learn about or try? Remember my confidence will only grow the more **I face my fears**.