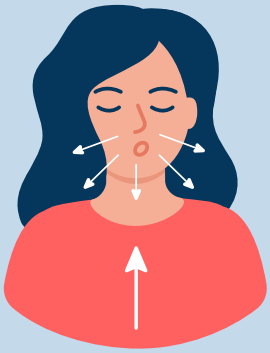
COPING SKILLS

Cut & carry me with you wherever you are



Stop & Listen

Spend a few minutes just listening to the sounds around you.
What sounds do you hear?
Are they loud or soft?
Pay special attention to interesting sounds you have never noticed before.



Take Deep Breaths

Breathe in slowly through your nose and hold the air in your lungs.
When you are ready to release the air, put your lips together and pretend like you are blowing through a straw.
Do this 20 times.



Favorite Place

Think of a place where you feel calm, comfortable, and happy.
It may be a beach, a forest, your bedroom, or somewhere else.
Imagine what this place looks and sounds like and imagine how good you feel when you are there.



Write a Happy ending

Usually when you worry, you imagine things ending badly. Try writing about your worry, but make the ending positive. Write about how you solve a problem, relax, start feeling better, or handle your worry.

COPING SKILLS

Cut & carry me with you wherever you are



Listen to Music

Enjoying your favorite music can take your mind off what's worrying you. Focus your attention on the instruments, lyrics, and voices in the song.



Get Moving

Get your energy out by being active. Play a sport, ride your bike, dance, swim, go for a walk, or run around until you're tired.



Think about what it is

When you worry, you probably think of bad things that could happen. Instead, try thinking of what actually happens most of the time. For example, instead of thinking, "I'm worried I will miss my school bus", try thinking "I've never missed my bus before."



Talk about it

Talking about your feelings is one of the most powerful ways to control them.

Tell a trusted person, like a parent, friend, teacher, or counselor what you're worried about.

Try using this sentence to get started:
"I feel worried when _____."