

# Coping Cards

## Coping Cards

Choose a calming strategy  
for your body and mind

Patient Name:

Age:

## "I am strong and resilient."

Even in tough times, I've overcome obstacles and grown. I trust in my ability to handle whatever comes my way.

## 5-4-3-2-1 Grounding

Name 5 things you see, 4 things you touch, 3 things you hear, 2 things you smell, and 1 thing you taste.

Focus on the present to reduce anxiety.

## "I am worthy of love and kindness."

I deserve compassion and extend it to myself and others.

## Deep Breathing Exercise

Inhale deeply through your nose, hold, exhale slowly through your mouth. Calms the nervous system and reduces stress.

**Note:** You can print and cut out these cards in advance. Keep them in your pocket or bag to use whenever you need them.

### **Support Contacts**

Therapist, trusted friend/family, crisis hotline. Knowing I have support helps during crises.

### **Be Kind to Yourself**

Treat yourself with kindness and acknowledge progress.

### **Muscle Relaxation**

Tense and release muscles gradually from toes to head. Reduces tension and promotes relaxation.

### **Gratitude Practice**

Take a moment to write down three things you're grateful for today. Focusing on gratitude can shift your perspective and promote feelings of positivity.

### **Problem-Solving Steps**

Identify the problem, brainstorm solutions, evaluate options, make a plan, and take action. Breaking down challenges into manageable steps can empower you to find solutions.

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### **Be Kind to Yourself**

Treat yourself with kindness and acknowledge progress.

### **"I Can Handle This"**

Remind yourself that you have faced challenges before and have the strength and resilience to overcome them. Repeat this affirmation during difficult moments to boost confidence.

### **Setting Boundaries**

It's okay to say no and prioritize your needs. Setting boundaries is an act of self-care and self-respect. Remember to communicate your boundaries assertively and without guilt.

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### **Reflection**

What coping strategies worked well?

How did you feel after using your coping cards?

Additional Comments: