

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: