My COPING TOOLBOX

Notice what helps. Reclaim what has worked. Choose what you want to build next.

A coping tool counts if it helps you feel safer, steadier, more present, or more able to choose your next step.
You do not need to fill every space.

KEEP

Tools that work for me now

What already helps me when I feel stressed, overwhelmed, shut down, angry, sad, restless, or disconnected?

1. _____
2. _____
3. _____
4. _____

People, places, routines, or sensory supports that help:

_____

_____

_____

What makes these tools work for me?
(examples: quick, private, active, familiar, calming, connecting)

_____

_____

BRING BACK

Things that have helped before

Sometimes a useful coping tool gets lost during change, stress, grief, trauma, or a busy season. *What has helped in the past?*

1. **Tool:** _____
   It helped when: _____
   Try it again? ☐ Yes ☐ Maybe ☐ Not now
2. **Tool:** _____
   It helped when: _____
   Try it again? ☐ Yes ☐ Maybe ☐ Not now
3. **Tool:** _____
   It helped when: _____
   Try it again? ☐ Yes ☐ Maybe ☐ Not now

A tool I miss or would like to reconnect with:

_____

_____

BUILD

What I want to learn or expand

Skills I am curious about or want more practice with:

- ☐ Grounding / staying present
- ☐ Breathing / calming my body
- ☐ Movement / releasing energy
- ☐ Sensory tools
- ☐ Naming and riding out emotions
- ☐ Self-talk / thought skills
- ☐ Journaling / art / music
- ☐ Boundaries / communication
- ☐ Connecting / asking for support
- ☐ Problem-solving / routines
- ☐ Mindfulness / spiritual or cultural practices
- ☐ Something else: _____

One skill I want to practice first:

_____

Small first step:

_____

MY GO-TO 3

The tools I want easiest to remember:

1. _____
2. _____
3. _____

WHEN I NEED MORE SUPPORT

A person, place, or support I can reach for:

_____

_____

Coping is flexible:
I can change tools, combine tools, or ask for support when what I am using is not enough.