



WHEN I FEEL ANXIOUS, I CAN...

Basic Coping Skills

Eat Healthy- be mindful of what I eat

Exercise- find a physical movement I love

Sleep- get into a consistent bedtime routine

Journal- Write it out

Meditate- Use an app to get started

Public Coping Skills

Practice breathing exercises

Stay Present- focus on my surroundings

Positive self-affirmations- say positive messages to myself or listen on YouTube

Carry headphones and listen to soothing music

Muscle tensing and relaxing

Wear a calming scent

Run my hands and wrists under cold water

Carry a worry stone to rub

WHEN I FEEL SAD, I CAN...



Acknowledge my feelings- "I feel sad."

Give myself permission to cry it out

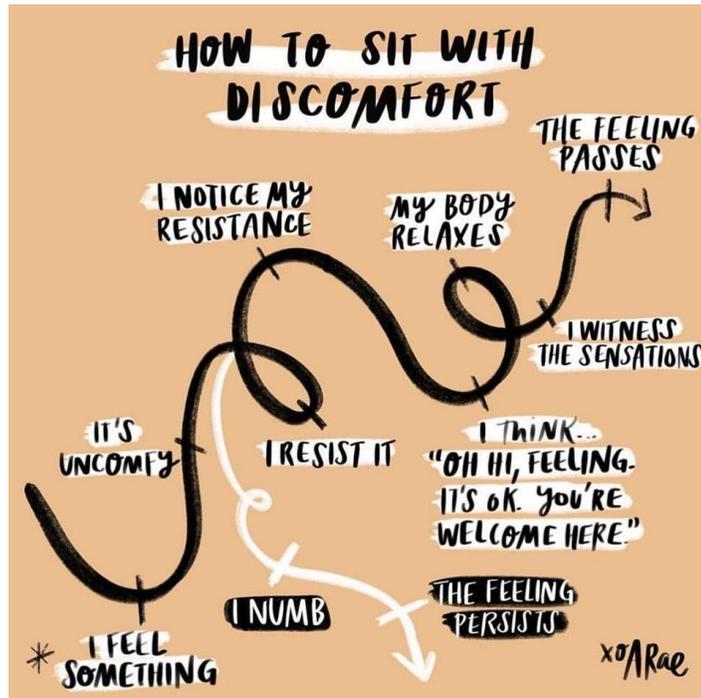
Talk to someone I trust- a friend, parent, or counselor

Move my body- go for a walk or do something I like

Remind myself that all feelings are normal

Do something special for myself- take a warm bath, read my favorite book, listen to favorite music

WHEN I FEEL NUMB, I CAN...



Notice my discomfort

Stop ignoring it so it won't grow stronger

Try relaxation strategies

Connect with my bodily sensations:

Take a warm bath, feel a fuzzy blanket or other soft object

Use positive self-talk

WHEN I FEEL ANGRY, I CAN...

A TO Z OF COPING SKILLS			
A ASK for help	B BREATHE deeply and slowly	C COUNT forwards or backwards	D DRINK some cold water
E EXERCISE run, jump, skip, kick a ball or walk fast	F FIND a safe place	G GO to your happy place	H HUG a friend or family member
I IGNORE people who are annoying you	J JOKES to help you laugh	K KIND hands. Keep them to yourself	L LISTEN to calming music
M MEDITATE use yoga or mindfulness	N NAME the emotion you are feeling	O OBSERVE Use mindfulness techniques	P PAINT your feelings
Q QUESTION your thoughts	R RUN as fast as you can	S SEPARATE yourself from the situation	T THOUGHTS negative to positive
U USE your safe place	V VOICE your concerns	W WRITE down your feelings	X EXHALE breathe out your feelings
 ELSA support www.elsa-support.co.uk	Y YELL as loud as you can into a pillow	Z ZONE out and relax yourself	

WHEN I FEEL LONELY, I CAN...

Remind myself that loneliness is a feeling NOT a fact.

Reach out to others and tell myself, "I belong."

Make a plan to connect with at least one other person.

Do something positive or kind for someone else.

Find others that are like me- join a club or a sport team.

Be curious about others, ask questions.

Be persistent, if one group doesn't work out, try another.



WHEN I FEEL AFRAID, I CAN...

Face my fear- get out of pattern of avoiding things that scare me.

Know myself- keep a record of what scares me and when it happens.

Figure out what I am good at and get better at it.

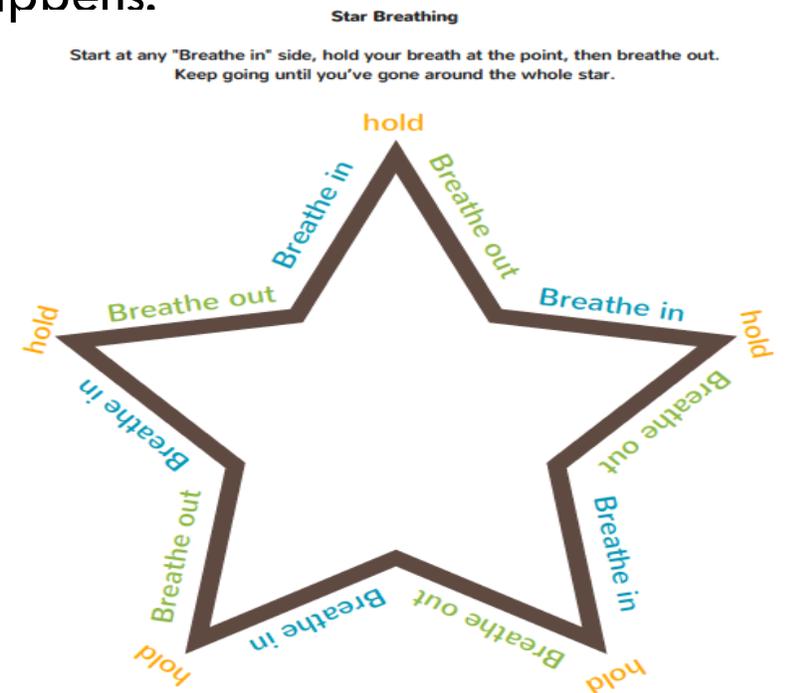
Talk to someone to brainstorm ideas to help me.

Identify how fear is holding me back.

List things I would do if I wasn't afraid.

Avoid focusing on failure.

List first step to take to face fear and do it.



WHEN I FEEL LIKE HURTING MYSELF, I CAN...



Choose alternative actions to relieve my stress.

Download Calm Harm App and follow suggestions.

Move my body- dance, swim, run, jump, bike.

Play an instrument or make noise by hitting items together.

Sooth myself- warm bath, hot cocoa, hug a pet.

Listen to soothing music.

Draw myself and list things I can do well.

Make things right that are bothering me.

WHEN I FEEL LIKE I AM NOT ENOUGH, I CAN...

Take a deep breath.

Go for a short walk.

Remember the power of YET.

Add yet to the end of my sentence.

“I don’t get it...yet.”

“I can’t do this... yet.”

This doesn’t work...yet.”

It may not be easy but that doesn’t mean I’m not going to meet the challenge.