

BIG Feelings

Your Coping Toolbox



CREATIVE OUTLETS

- Journaling
- Arts and crafts
- Music
- Baking
- Coloring

PHYSICAL ACTIVITIES



- Stretching
- Dancing
- Taking a walk
- Exercising
- Running

BRAIN BREAKS



- Work on a puzzle
- Watch a favorite show
- Call a friend
- Play a game
- Clean or organize



SELF-SOOTHING

- Hold a comfort object
- Warm bath
- Favorite scents
- Self-compassion
- Cuddle your pet



GROUNDING TECHNIQUES

- 5-4-3-2-1 method
- Box breathing
- Touch grass
- Focus on an object
- Put hands in water

MINDFULNESS EXERCISES



- Meditation
- Body scan
- Visualization
- Listen to music
- Gratitude list

Which coping tools work best for you? Which will you try next?
