Adaptive Coping Skills

tools for managing stress, anxiety, and worries

Belly Breathing



Count to 4 as you breathe in deeply through your nose into your belly

Hold your breath for 1 count

Count to 6 as you slowly exhale through your mouth

S.T.O.P. Strategy



Stop what you are thinking or doing.



Take a deep breath & step back.



Observe yourself (your thinking, breathing, etc.)



Proceed mindfully, positively

5 Senses Grounding Excercise

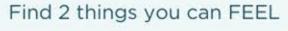


Look for 5 things you can SEE

Listen for 4 things you can HEAR



Find 3 things you can SMELL







Find 1 thing you can TASTE

Other Ideas



Practice gratitude: keep a journal or write a letter



Happiness tracker: keep a list of the little things that bring joy



Create a routine: include physical activity and selfcare



Self-Care strategies: keep a list of activities that feel good (time outside, doing art, etc.)

