

# 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

**S**

Stop what you are thinking or doing.

**T**

Take a deep breath & step back.

**O**

Observe yourself (your thinking, breathing, etc.)

**P**

Proceed mindfully, positively

## 5 Senses Grounding Exercise



Look for 5 things you can SEE

Listen for 4 things you can HEAR



Find 3 things you can SMELL

Find 2 things you can FEEL



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 self-care



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



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