

Coping Strategies

It can feel overwhelming trying new coping strategies, so it's best to try just one at a time.

Pick a coping strategy to try, and colour in the bubble once you have mastered it.

You may want to colour code the bubbles depending on how helpful you found them.

Refer back to this sheet when you are struggling to manage your emotions.

Guided imagery

Flower and candle

The categories game

Stress balloon filled with rice or shaving foam

Finding an activity

Acknowledging how I feel

Box breathing

Self-care

Mindfulness and positivity

Journalling

5,4,3,2,1

Fidget toys

Naming my intrusive thoughts

Glitter jar

Positive affirmations and reminders

Stretching

Imagining my safe space

Reassuring myself

Becoming my own best friend

The raisin technique

Drawing/ Colouring

Talk to a trusted adult or friend

Now that you have read through some of our coping strategy ideas, take some time to fill these bubbles with your own coping strategies.

A 4x6 grid of 24 empty, cloud-shaped bubbles for writing coping strategies. Each bubble is a simple black outline of a cloud with a scalloped edge, arranged in four rows and six columns.