

COPING TOOLS: What Helps Me

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|---|--|
| <input type="checkbox"/> Read A Book or Magazine  | <input type="checkbox"/> Ride a Bike or Skateboard  |
| <input type="checkbox"/> Hug or Climb a Tree  | <input type="checkbox"/> Create Origami  |
| <input type="checkbox"/> Journal or Write a Letter  | <input type="checkbox"/> Cook or Bake  |
| <input type="checkbox"/> Use Kind & Compassionate Self-Talk  | <input type="checkbox"/> Ask for Help  |
| <input type="checkbox"/> Make a Collage or Scrapbook  | <input type="checkbox"/> Talk to Someone You Trust  |
| <input type="checkbox"/> Rest, Nap or Take a Break  | <input type="checkbox"/> Weave, Knit or Crochet  |
| <input type="checkbox"/> Go on a Hike, Walk or Run  | <input type="checkbox"/> Build Something  |
| <input type="checkbox"/> Take Good Care of the Earth  | <input type="checkbox"/> Get a Hug  |
| <input type="checkbox"/> Drink Water  | <input type="checkbox"/> Visualize a Peaceful Place  |
| <input type="checkbox"/> Play a Board Game  | <input type="checkbox"/> Stretch  |
| <input type="checkbox"/> Do Something Kind  | <input type="checkbox"/> Make Art  |
| <input type="checkbox"/> Make and Play with Slime  | <input type="checkbox"/> Use Positive Affirmations  |
| <input type="checkbox"/> Discover Treasures in Nature  | <input type="checkbox"/> Take Slow, Mindful Breaths  |
| <input type="checkbox"/> Take a Shower or Bath  | <input type="checkbox"/> Clean, Declutter or Organize  |
| <input type="checkbox"/> Exercise  | <input type="checkbox"/> Use Aromatherapy  |
| <input type="checkbox"/> Drink a Warm Cup of Tea  | <input type="checkbox"/> Cry  |
| <input type="checkbox"/> Forgive, Let Go, Move On  | <input type="checkbox"/> Try or Learn Something New  |
| <input type="checkbox"/> Practice Yoga  | <input type="checkbox"/> Listen to Music  |
| <input type="checkbox"/> Garden or Do Yardwork  | <input type="checkbox"/> Use a Stress Ball or Other Fidget  |
| <input type="checkbox"/> Jump on a Trampoline  | <input type="checkbox"/> Get Plenty of Sleep  |
| <input type="checkbox"/> Cuddle or Play with Your Pet  | <input type="checkbox"/> Kick, Bounce or Throw a Ball  |
| <input type="checkbox"/> Practice Gratitude  | <input type="checkbox"/> Take or Look at Photographs  |
| <input type="checkbox"/> Do a Puzzle  | <input type="checkbox"/> Eat Healthy  |
| <input type="checkbox"/> Blow Bubbles  | <input type="checkbox"/> Play Outside  |
| <input type="checkbox"/> Smile and Laugh  | <input type="checkbox"/> Sing and/or Dance  |

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SELF-ESTEEM COPING STATEMENTS

I am worthy of all the good things that happen in my life

I belong, I am loveable, and I matter. No matter what.

I HAVE THE POWER, TO CREATE CHANGE IN MY LIFE, I WILL MAKE SMALL CHANGES TODAY

My emotions and feelings are valid and should be heard and listened

My life has meaning and purpose

I accept 100% responsibility for my life

I surround myself with people who bring out the best in me

I AM, I CAN, I WILL I am somebody, I can do it, I will do it

I search for the positive in every situation

I am thankful for my challenges as they make me a stronger person

I choose to live a healthy and positive lifestyle

I don't compare myself to anyone else, I am my own person

I AM GROWING AND CHANGING FOR THE BETTER, I WILL CONTINUE TO LEARN AND

I let go of the negative feelings about myself

When things are hard, I keep trying and I don't give up

I am always moving in the direction of a worthwhile goal

Challenges make me STRONGER, Mistakes help me LEARN, Failures help me GROW

I am a unique and special person

I can treat myself with kindness and compassion

I am capable of doing hard things, and overcoming challenges

I am in charge of how I feel and today I choose happiness

I am worthy of happiness and love

There is nothing I need to change about myself to be accepted and loved

I accept the things I cannot change about myself, and learn to accept the parts of myself that I don't like

I can accept help from others, it does not make me weak

I love, respect and believe in myself

I know that I have good qualities and I recognise them in myself

I accept and love myself while still striving to improve

I know I can master anything if I practice it continually

Inhale confidence
Exhale fear

I forgive myself and others

I can treat myself gently and the care I would give a close friend

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