MY COPING SKILLS TOOLBOX

Fill in what helps you feel calmer, more present, and supported.

1 My happy place is...

2 I always feel calmer when I hear...

3 A smell that helps me relax is...

4 I always feel comforted when I touch or hold...

5 I always feel a little happier when I look at...

6 A way I enjoy moving my body is...

7 My body feels most relaxed when...

8 Something that brings me joy is...

9 I feel most present and in the moment when...

10 A person who helps me feel calmer is...

11 Something that always makes me smile is...

12 Something that helps me slow things down is...

Keep it simple. Words or short phrases are enough.