

Coping Skills *for Bad Days*

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Check the ones that work for you. Not every skill works for every person, and that's normal.

CALM YOUR BODY

- ☐ Splash cold water on your face or hold an ice cube
- ☐ Breathe in for 4, out for 6. Do it five times
- ☐ 20 jumping jacks or a fast walk
- ☐ Squeeze your fists for 5 seconds, then let go
- ☐ Wrap up in a heavy blanket
- ☐ Drink a full glass of water

GET THROUGH THE NEXT HOUR

- ☐ Shower with music on
- ☐ One episode of your comfort show
- ☐ Clean one small thing
- ☐ Doodle, color or do a puzzle
- ☐ Go outside for 10 minutes
- ☐ Make yourself a snack

COME BACK TO RIGHT NOW

- ☐ Name 5 things you see, 4 you can touch, 3 you hear, 2 you smell, 1 you taste
- ☐ Find everything blue in the room
- ☐ Hold something cold or bumpy and describe it
- ☐ Say where you are and what day it is out loud
- ☐ Put your feet flat on the floor and press down

LET IT OUT

- ☐ Write it all down, then rip it up
- ☐ Cry. It's allowed and it helps
- ☐ Record a voice memo to yourself
- ☐ Text someone: "rough day, can you talk?"
- ☐ Hug a pet or a pillow

PEOPLE I CAN TEXT

Name and number

Name and number

A trusted adult

Thinking about hurting yourself? You don't have to wait until it gets worse. Call or text **988** (Suicide & Crisis Lifeline) or text **HOME** to **741741** (Crisis Text Line). In danger right now: call **911**.