

Coping Toolkit



What?

A collection of activities, techniques, and items that can be used to self-regulate. Often used when feeling anxious, stressed, overwhelmed or a low mood. Some examples are below! 🎵



Physical Items	Techniques	Other
Fidget tools such as a Rubik's Cube.	Mindfulness script	Calling a friend or family member
Noise cancelling headphones	Journaling	Watch your favourite movie
Essential oils	Listening to soothing music	Distract yourself
A snack/water	Reminder cards and pictures	Process your feelings (perhaps using journaling)
Chewing gum	Grounding prompt	List of crisis resources

