

COPING SKILLS PLAN IDEAS

Self-Soothing

Comfort yourself through your five senses

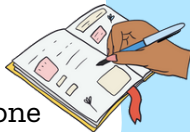
- Taste
- See
- Touch
- Smell
- Hear



Emotional Awareness

Tools for identifying and expressing your feelings

- Journal
- Draw/paint
- Talk to a loved one



Distraction

Taking your mind off the problem for a while

- Puzzles
- Books
- Music
- Movement



Mindfulness

Tools for centering and grounding yourself in the present moment

- Yoga
- Grounding
- Guided Meditation



Opposite Action

Doing something opposite of your impulse consistent with a positive emotion

- Affirmations
- Watch something funny
- Be active



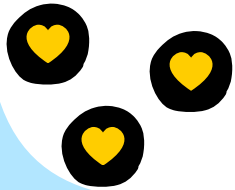
Crisis Plan

Who can support you when coping skills are not enough

UI SUPPORT AND CRISIS LINE

Call/Text: 844-461-5420

988 Suicide & Crisis Lifeline



Create your own

COPING SKILLS PLAN

I matter

Self-Soothing

- 1.
- 2
- 3.

Distraction

- 1.
- 2
- 3.

Opposite Action

- 1.
- 2
- 3.

Emotional Awareness

- 1.
- 2
- 3.

Mindfulness

- 1.
- 2
- 3.

Crisis Plan

- 1.
- 2
- 3.