



# My Coping Skills Toolkit

For Teens — Fill This Out on a Calm Day So It's Ready When You Need It  
 www.HerPathCounseling.com

*Coping isn't about feeling nothing. It's about having tools so big feelings don't run the show.*

Name: \_\_\_\_\_ Date: \_\_\_\_\_

## ❖ PART ONE: My Warning Signs ❖

*Knowing your warning signs helps you catch big feelings early. Check what's true for you:*

<p><b>Body Signals</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Heart races</li> <li><input type="checkbox"/> Face gets hot</li> <li><input type="checkbox"/> Stomach hurts</li> <li><input type="checkbox"/> Can't sit still</li> <li><input type="checkbox"/> Jaw clenches</li> <li><input type="checkbox"/> Throat tightens</li> </ul> <p>Other: _____</p>	<p><b>Thought Signals</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> "Nobody gets me"</li> <li><input type="checkbox"/> "Everything is ruined"</li> <li><input type="checkbox"/> Mind goes blank</li> <li><input type="checkbox"/> Can't stop worrying</li> <li><input type="checkbox"/> Racing thoughts</li> <li><input type="checkbox"/> Shutting down mentally</li> </ul> <p>Other: _____</p>	<p><b>Behavior Signals</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Go quiet / shut down</li> <li><input type="checkbox"/> Snap at people</li> <li><input type="checkbox"/> Cry suddenly</li> <li><input type="checkbox"/> Avoid everyone</li> <li><input type="checkbox"/> Overeat or skip meals</li> <li><input type="checkbox"/> Struggle to focus</li> </ul> <p>Other: _____</p>
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## ❖ PART TWO: My Coping Toolbox ❖

*For each category, try the ideas listed — then write in what works for you.*

<p><b>Breathe &amp; Calm</b></p> <ul style="list-style-type: none"> <li>• 4-count breathing: inhale, hold, exhale, pause — repeat</li> <li>• Try: place one hand on your chest, one on your belly</li> <li>• My go-to: _____</li> </ul>	<p><b>Move It Out</b></p> <ul style="list-style-type: none"> <li>• Go for a walk, even just 5 minutes outside</li> <li>• Put on one song and move however feels right</li> <li>• My go-to: _____</li> </ul>
<p><b>Sensory Reset</b></p> <ul style="list-style-type: none"> <li>• Hold something cold or wrap up in something soft</li> <li>• Notice 5 things you can see around you right now</li> <li>• My go-to: _____</li> </ul>	<p><b>Express It</b></p> <ul style="list-style-type: none"> <li>• Write it out — messy, unfiltered, just get it out</li> <li>• Draw, doodle, or color without any goal</li> <li>• My go-to: _____</li> </ul>
<p><b>Reach Out</b></p>	<p><b>Slow Down</b></p>



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| <ul style="list-style-type: none"><li>• Text or call one safe person</li><li>• Ask someone to just sit with you — no talking needed</li><li>• My go-to: _____</li></ul> | <ul style="list-style-type: none"><li>• Name 5 things you can see, 4 you can touch, 3 you hear</li><li>• Step outside for 60 seconds of fresh air</li><li>• My go-to: _____</li></ul> |
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❖ **PART THREE: My Personal Calm-Down Plan** ❖

Write your own step-by-step plan for the next time big feelings hit:

**Step 1: Notice** *I'll know something's off when I feel or notice:*

<b>Step 1: Notice</b>	<i>I'll know something's off when I feel or notice:</i> _____
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**Step 2: Pause** *My first go-to coping skill will be:*

<b>Step 2: Pause</b>	<i>My first go-to coping skill will be:</i> _____
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**Step 3: Check In** *After I calm down, I'll ask myself:*

<b>Step 3: Check In</b>	<i>After I calm down, I'll ask myself:</i> _____
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**Step 4: Reach Out** *If I still need support, I'll contact:*

<b>Step 4: Reach Out</b>	<i>If I still need support, I'll contact:</i> _____
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**Step 5: Reflect** *Afterward, I'll take care of myself by:*

<b>Step 5: Reflect</b>	<i>Afterward, I'll take care of myself by:</i> _____
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**"You already have what it takes. This worksheet just helps you find it faster."**  
If you find yourself needing more support, reaching out to a therapist is a brave and powerful step.