

Simple COPING SKILLS

Small tools. Big impact.

Coping skills can help you manage stress,
overwhelming emotions, and life's challenges.

Choose what works for you.

It's okay to take things one step at a time.

*You are
stronger than
you think.*



1. BREATHE



Slow, deep breaths
can calm your body
and mind.

- ♥ Inhale for 4 counts
- ♥ Hold for 4 counts
- ♥ Exhale for 6 counts
- ♥ Repeat 3–5 times

2. GROUND



Bring yourself back
to the present
moment.

- ♥ Name 5 things you see
- ♥ 4 things you can touch
- ♥ 3 things you hear
- ♥ 2 things you smell
- ♥ 1 thing you taste

3. MOVE



Movement helps
release tension and
boost your mood.

- ♥ Take a walk
- ♥ Stretch your body
- ♥ Dance to a song
- ♥ Do some yoga

4. CONNECT



You don't have to
go through this
alone.

- ♥ Text a friend
- ♥ Talk to someone
- ♥ Join a support group
- ♥ Spend time with
people who uplift you

5. JOURNAL



Write down your
thoughts to process
and release them.

- ♥ Write freely
- ♥ Use prompts
- ♥ List what you're
grateful for

6. DISTRACT



Give your mind a break
with something
you enjoy.

- ♥ Listen to music
- ♥ Watch a favorite show
- ♥ Read a good book
- ♥ Do a puzzle
- ♥ Get creative

7. SELF-CARE



Take care of your body,
mind, and spirit.

- ♥ Get enough sleep
- ♥ Eat nourishing foods
- ♥ Take a warm bath
- ♥ Practice kindness
to yourself

8. SPIRITUAL



Nourish your soul
and find meaning
and peace.

- ♥ Pray or meditate
- ♥ Spend time in nature
- ♥ Read uplifting words
- ♥ Reflect on your values

Gentle Reminder

♥ It's okay to not be okay. You are human.
Reaching out for help is a sign of strength. ♥



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Finding Beauty in the Fragments of Life ♥

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Scan me!

You are not alone. You are valued. You are loved. ♥