

My Coping Strategies Menu

Different moments need different tools. Build several options instead of expecting one strategy to work every time.



When I feel anxious or panicked

List body, breathing, sensory, environmental, and support options.

When I feel angry or restless

List safe movement, distance, expression, and time-out options.

When I feel numb or disconnected

List orienting, temperature, rhythm, movement, and connection options.

When I have a craving

List ways to delay, distract, reduce access, meet a need, and contact support.

When I feel lonely or ashamed

List people, places, groups, compassionate words, and low-pressure connection.

My easiest first step

Circle three strategies that take less than five minutes and need no special supplies.

If completing this page increases distress or you feel unable to stay safe, pause and contact a trusted support, 988, 911, or an emergency department.