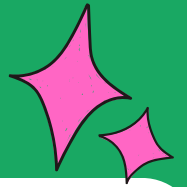




MY COPING TOOLKIT



A personalized guide to help me feel grounded, safe, and supported

1. My Calming Strategies - These are things I can do to help myself feel better when I'm overwhelmed or anxious.

- My favourite sensory tools (e.g., fidgets, weighted blanket):
- Sounds or music that help me feel calm:
- Safe places I can go (real or imagined):
- Activities that help me relax (drawing, walking, video games):

2. Grounding Techniques - These help bring me back to the present when I feel disconnected or anxious.

- 5 things I can see:
- 4 things I can touch:
- 3 things I can hear:
- 2 things I can smell:
- 1 thing I can taste:



3. My Safe People - People I trust and can go to when I need help or support.

- At home:
- At school/college:
- Online or phone support (if I use any hotlines, apps, etc.):

4. What Helps Me Most - Things I'd like others to know about how to help me when I'm struggling.

- Words or phrases that help me:
- What not to say or do when I'm upset:
- My preferred way of communicating (talking, texting, writing, etc.):



5. Emergency Kit Ideas - Things I can keep in a small physical toolbox or bag for tough days.

- Fidget toys
- Comfort object (stuffed animal, photo)
- Calming scents (lavender oil, scented stickers)
- Headphones / calming playlist
- Snacks / gum / water
- Copy of this Coping Toolkit