

Healthy Coping Strategies

A checklist for the moments you need support

Check the ideas you would like to try. Choose one or two for today; you do not have to do them all. Keep what helps and adapt or skip what does not.

Settle your body

- ☐ Breathe gently at a comfortable pace, without a forced hold.
- ☐ Relax your jaw, lower your shoulders, and soften your hands.
- ☐ Take a short walk, stretch, or move in a way that fits your body.
- ☐ Make time for a drink of water, a meal, or needed rest.

Bring your attention to the present

- ☐ Notice a few things you can see, hear, or feel around you.
- ☐ Notice an anxious thought, name it, and return to one useful task.
- ☐ Use a steadying phrase: 'I can take one small step.'
- ☐ Picture a comforting place or someone who cares about you.
- ☐ Listen to music, read, draw, or do a simple, familiar activity.

Connect and make room for what matters

- ☐ Talk with a trusted friend, family member, peer, or chaplain.
- ☐ Express yourself through writing, art, music, or conversation.
- ☐ Spend a little time outdoors or with a pet.
- ☐ If meaningful to you, pray, reflect, or read a comforting scripture.
- ☐ Ask for practical help with one task or responsibility.

Add three of your own

- ☐ _____
- ☐ _____
- ☐ _____

My next small step

Today I will: _____

Someone I can reach out to: _____

Sources NIMH: [Caring for Your Mental Health](#) | NHS: [Mindfulness](#)