



Coronavirus Coping Skills Toolbox

- 1** Identify and express feelings in supportive relationships.
- 2** When you are anxious or worried, make a list of what you can control and what you can't about the situation.
- 3** Develop ways to self-soothe in healthy ways: talking to someone, taking a break from the news, drinking a cup of tea or hot chocolate, taking a walk or bike ride, doing yoga, journaling etc.
- 4** Actively choose self-care: reading, eating healthy, playing a game, looking for beauty, get out into nature, exercising, doing any activity where you lose time, etc.
- 5** Ask for help, accept help and give help to others.
- 6** Talk about the challenges and look for the positives.
- 7** Create a structure for your day.
- 8** Ground yourself by getting in touch with each of your senses.
- 9** Find a way to laugh: watch funny shows or videos.
- 10** Be creative through arts and crafts, writing, music, cooking etc.