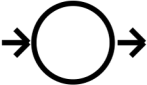
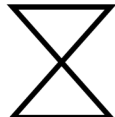
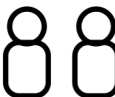


Coping Toolbox Worksheet

Emotional Regulation



 Deep Breaths	 Count to 10
 Squeeze Something	 Take a Break
 Draw It Out	 Listen to Music
 Move Your Body	 Ask for a Hug
 My own tool: _____	 My own tool: _____

Pick 3 tools to try this week:

- ☐ _____
- ☐ _____
- ☐ _____