

Building a Coping Toolkit

PURPOSE

This activity is designed to build resources for helping clients make healthier choices when they are coping with stress and adversity. The person can choose activities, objects, pictures, and quotes that will remind them how to self-regulate, reach out for help, nurture themselves, or simply tolerate difficult experiences.

INSTRUCTIONS

If possible, provide access to some materials that could be collected in a small box or chest. Also, some reminders, such as quotes, photos, or websites, could be written on business cards that the individual carries with them at all times.

Materials may include:

- Magazines
- Inspirational quotes
- Natural materials, such as feathers or stones;
- Candies or chocolates
- Journals
- Art materials, like crayons, markers, or paint
- Helplines and crisis lines
- Websites that provide helpful information
- Clay or Play-Doh
- Fidget toys
- Names and photos of support people
- Pictures of pets, favourite places, or peaceful scenes
- Prompts for breathing exercises
- Music that is calming or uplifting
- Reminders of healthy activities they enjoy

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Examples:

Photo of a
grandmother

Picture of
a campfire

Fuzzy socks

Favourite
quote

Kids help
phone line

Favourite
book

Ginger ale

Breathing
square

Chicken soup

Fuzzy peach
candies

Snowflake

My pet dog