

# COPING SKILLS BOX

Grab a box, shoe box, shipping box, plastic tub, or a bag to store your **GO-TO EMOTIONAL REGULATION TOOLS** to help you cope when you feel dysregulated, overstimulated, under stimulated, anxious, hopeless, stressed, overwhelmed, and need to **GROUND, GET SAFE, AND DE-ESCALATE**.

## ITEMS YOU MAY INCLUDE:

**ITEMS TO INCLUDE SHOULD COVER YOUR 5 SENSES: SIGHT, SMELL, TASTE, TOUCH, SOUND.**

It can also include items that tap into your different needs: physical, mental, emotional, spiritual, and social.

- Essential oil (lavender is calming, peppermint and citrus are invigorating)
- Fabric: soft, smooth, scratchy... try velvet, fur, carpet, blanket
- Candle
- Bath bomb
- Meditation track
- Dance playlist
- Affirmation cards
- Journal
- Something you can smell that you have an emotional connection to (partners shirt in a Ziploc bag)
- Picture of your loved ones
- Something that reminds you of your pet
- Piece of candy to suck on, gum to chew
- Bag of tea
- Postcards that inspire you
- Beautiful pictures you enjoy
- Piece of dark chocolate to savor
- Voice memos – you saying affirmations, a loved ones recording of encouraging words
- An inspiring book
- A stress ball
- List of things for which you are grateful
- Weighted item (blanket, bag of rice)
- A comedy DVD

- A crystal
- Temperature controlled item (ice pack, rice pack, heating pad)
- Notes from loved ones
- Letter to yourself
- Mantras you love "I am safe." "This too will pass." "I can do hard things"
- Kinetic sand or clay
- Silly putty
- Color book and colored pencils and crayons
- Weighted eye pillow
- A list of 3 people you can call and text
- The suicide hotline number to call or text
- Reminders to take a bath, go for a drive, bake something, things to distract you
- A stuffed animal or blankie
- Makeup to play with
- Magnetic toys
- Art supplies (glitter, glue, magazines, collage, paints, canvas, paper)
- Reminder that your feelings are valid and are safe to feel
- Reminder to let yourself cry
- Bubble wrap
- List of 101 coping skills (free download at [tiffanyroe.com](http://tiffanyroe.com))
- Emotional Regulation thermometer coping list (free download at [tiffanyroe.com](http://tiffanyroe.com))