

COPING WITH DIFFICULT MOMENTS

Coping skills are healthy actions you can use to manage stress, strong emotions, challenges, or difficult situations. Everyone experiences stress, but healthy coping skills can help you feel calmer, more in control, and better able to handle what you're facing.

Coping Skills for Parents

- **Grounding Techniques:** Help calm yourself during stressful moments by focusing on the present (e.g., naming five things you can see or touch).
- **Self-Care:** Even small actions, like deep breathing or a quiet moment drinking tea, can help make a difference.
- **Build Support Networks:** Connect with trusted friends, family, or local organizations for emotional and practical help.
- **Be mindful** of visual consumption of images/stories on the news and social media

Coping Skills for Children and Teens

- **Art or Writing Activities:** Encourage children and teens to express their feelings through drawing or journaling.
- **Comfort Items:** A stuffed animal, blanket, or object that brings calm can help during tense times.
- **Breathing Exercises:** Teach simple techniques like "box breathing". Please visit safeathome.org/resources for a printable.

WELLNESS PLAN

3 of My Strengths:

Something I am looking forward to:

My Plan to Stay Safe:

When this happens...

1. _____
2. _____
3. _____

Safe people:

1. _____
2. _____
3. _____

I can cope by...

1. _____
2. _____
3. _____

Safe Places:

1. _____
2. _____
3. _____

Safety & Support Resources:

988 National Suicide Prevention Lifeline: Call or Text 988
1-800-273-8255 (suicidepreventionlifeline.org)

Crisis Text Line: Text "Home" to 741741 (crisistextline.org)