

My Coping Toolkit

The **Suspenders4Hope** kit, inspired by Dialectical Behavioral Therapy, is a tool you can use to help you cope with intense emotions and urges to engage in unhealthy coping like substances or self-harm. When you are in crisis, identifying unfamiliar, healthier skills can be overwhelming. Therefore, we hope your kit becomes your new guide to helping you get through difficult times. Personalize it with items that comfort you and remind you of things to try.

Distract

Take your mind off your troubles



Color



Watch TV



Read a book



Take a walk



Engage in a hobby

Fill in your own: _____

Comfort

Self-sooth your senses



Experience nature



Wear comfy socks



Use scented lotion



Listen to relaxing music



Eat some dark chocolate

Fill in your own: _____

Improve the moment

Do something to better your current situation



Honor your feelings by journaling



Make a gratitude list



Break from screens & media



Pray, meditate or let go



Be kind to yourself and others

Fill in your own: _____

Mindfulness

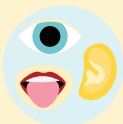
Focus on the present moment without judgement



Pay attention to one thing, like a pebble or a leaf



Breathe deeply and slowly



Notice what you see, hear, taste, smell, and feel



STOP: Stop, Take a step back, Observe, Proceed with intention



Accept the present reality as it is

Fill in your own: _____

Reach out

Asking for support is a sign of strength



Call a friend



Find a support group in-person or on-line



Download a mediation or prayer app



Call a therapist or spiritual advisor



Call the crisis line at 988 or 911 in a safety emergency

Fill in your own: _____

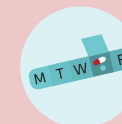
Safeguard your surroundings



Post your reasons for living around the house



Remove substances from the home



Remove stockpiled medications



Secure or remove firearms from the home



Always have Naloxone on hand in case of an opioid overdose emergency

Fill in your own: _____



#WeSupportU
Suspenders4Hope™

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