In the Moment Coping Skill Toolbox for Personal Time Out

Things to Do when **STRESSED OUT** **MAD** **HURT** **UPSET**, About to Blow UP

- Slow in and out breathing
- Tensing and relaxing
- Rest head on table or desk briefly
- Count backwards from 20
- Hug self
- Focus exactly and only on what you are doing right now without judging
- Tell yourself that your thoughts are just thoughts
- Spider pushups (put fingers on one hand against fingers on the other and push in and out)
- Turtle Technique (stop, go into shell, think about actions)
- Concentrate on a smell or taste (altoid, raisin, scented object)
- Squeeze a rubber squishy ball
- Touch an object and concentrate on the sensations (feather, piece of velvet)
- Grounding (e.g., name 5 things you can see, feel, hear)
- Self-talk (“I can handle this“)
- Imagine a positive scene
- Snap a rubber band on wrist
- Think about something funny
- Imagine the other person melting into a puddle
- Sit very still like a frog
- Touch a smooth stone in your pocket