



Donabate CC Guidance Newsletter

\*\*\*\*\*

# Coping skills tool Box



## Let's make a Coping Skills Toolbox!

**What exactly is a Coping Skills Toolbox?** It is a collection of your various favorite and healthy items that you can use when you are feeling anxious, panicky, or distressed.

.....

All you need to do is get a box and place items from each of the following categories :

### Self-Soothing (Comforting yourself through your five senses)

1. Something to touch. (EX: stuffed animal, stress ball)
2. Something to hear. (Ex: music, meditation guides)
3. Something to see. (Ex: snow globe, happy pictures)
4. Something to taste. (Ex: mints, tea, sour candy)
5. Something to smell. (EX: lotion, candles, perfume)

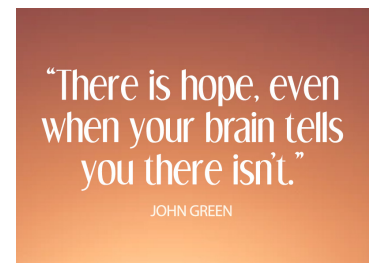


### Distraction (Taking your mind off the problem for a while)

Examples :Puzzles, books, artwork, crafts, knitting, crocheting, sewing, crossword puzzles, Sudoku, positive websites, music, movies, etc.

### Opposite Action (Doing something the opposite of your impulse that's consistent with a more positive emotion)

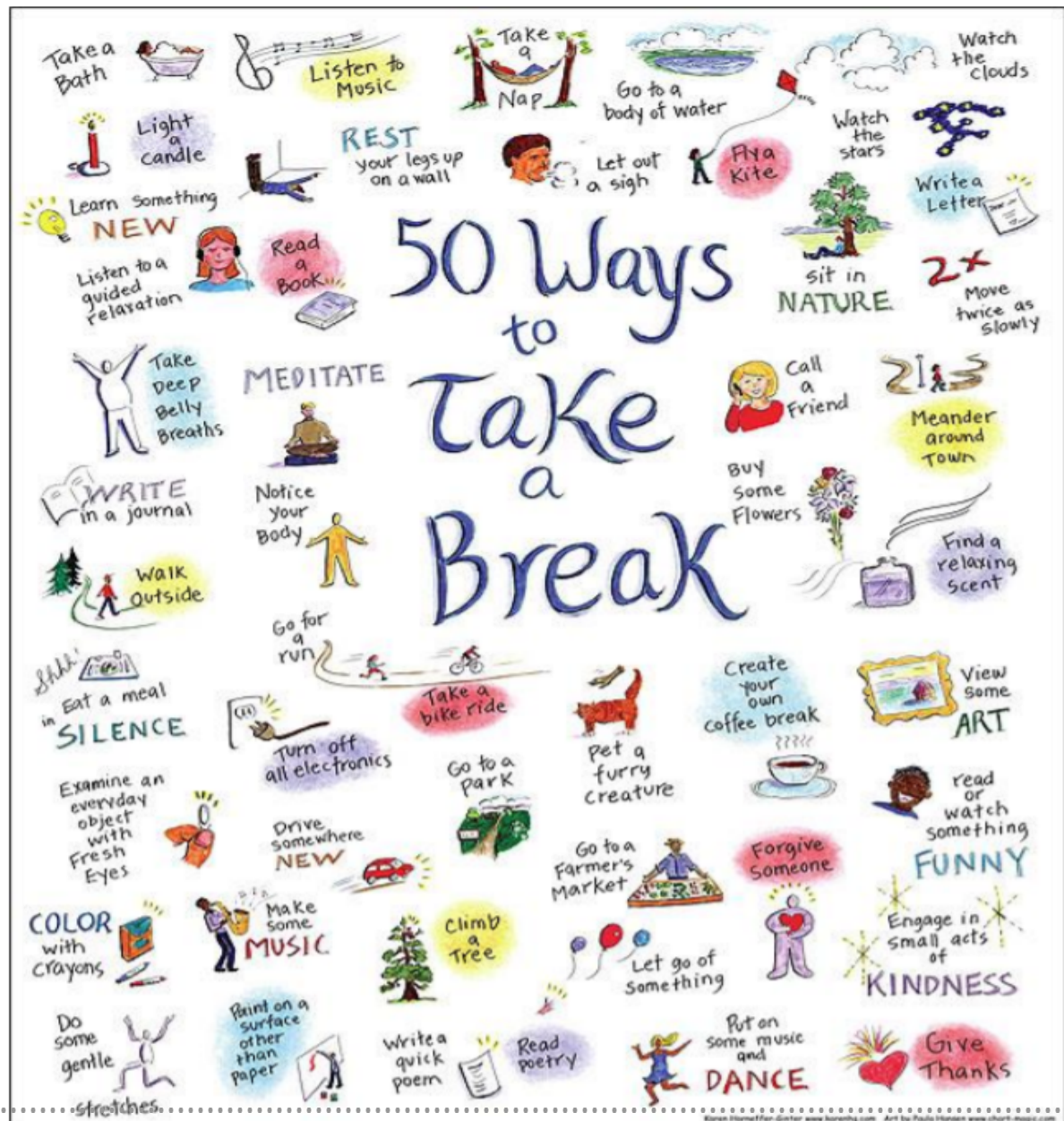
1. Affirmations and Inspirations (Ex: looking at or drawing motivational statements or images)
2. Something funny or cheering  
(Ex: funny movies/TV/books)



### Emotional Awareness (Tools for identifying and expressing your feelings)

Examples: A list or chart of emotions, a journal, writing supplies, drawing & art supplies

**→ Put it all together!** Once you've gathered all of your items, put them together in a box or other container, decorate it to your heart's content, and put it in a place where you'll remember it. Then USE IT!!



The following websites have up to date and relevant mental health support should you need it.

[www.pietahouse.ie](http://www.pietahouse.ie)

[www.jigsaw.ie](http://www.jigsaw.ie)

[www.mentalhealthireland.ie](http://www.mentalhealthireland.ie)

**Remember to reach out to your One Good Adult if you're feeling overwhelmed.**

**READ MORE ABOUT WHAT'S GOING ON IN DCC ON OUR SCHOOL'S FACEBOOK  
PAGE**



kwhelan@donabatecc.ie  
achaloner@donabatecc.ie