



**It's OK to  
Not be OK.**

**Coping Cards**

# Anxiety Coping Statements

- **This feeling is uncomfortable, but I can handle it.**
- **I can feel anxious and still deal with this situation.**
- **This feeling will go away.**
- **By staying present and focused on tasks, my anxiety will decrease.**
- **Feeling tense is natural. It tells me it's time to use coping strategies.**

# Depression Coping Statements

- **Depression wants me to believe I am worthless, but I know I'm not.**
- **I belong, I am loveable, and I matter. No matter what.**
- **I won't isolate, I will remember I have people who care about me and will help me if I need it.**
- **I will participate in healthy activities that help me feel better, being with friends, watching my favorite TV shows, exercising.**
- **I will let go of things outside of my control.**

# Feeling Overwhelmed Coping Statements

- Take a deep breath.
- Focus on present. What do I need to do right now?
- It will soon be over.
- It's not the worst thing that could happen.
- Step by step until it's over.
- I don't need to eliminate stress, just keep it under control.
- Once I label my stress from 1 to 10, I can watch it go down.

# Anger Management Coping Statements

- I am going to breathe slowly until I know what to do.
- Remember to breathe. Remember to breathe.
- It's not worth getting mad about.
- I won't take this personally.
- I am in charge, not my anger.
- Getting angry is not going to help.
- I can handle this and stay in control.
- People aren't against me — they're for themselves.

# Fear Coping Statements

- I've done this before so I can do it again.
- I'll be glad I did it when this is over.
- I'll feel better when I am actually in the situation.
- I'll just do the best I can.
- By facing my fears I can overcome them.
- Worrying doesn't help.
- Whatever happens, happens. I can handle it.

# Can you find your Natural High?

Today teens and adults are experiencing more stress than ever before. Finding a spark, or a passion, can help you engage healthy coping strategies.

*A natural high is a skill, talent, interest or gift that:*

- gives you energy and joy
- provides feeling of being alive, useful and purposeful
- absorbs you to point you "lose yourself in moment"
- originates from inside of yourself
- has potential to make world a better place for others

# Know the 5 Signs of Emotional Distress



Hopelessness



Agitated



Personality  
Change



Poor  
Self-Care



Withdrawn

**Look for these signs in yourself,  
your family and your friends.**

***There's no shame in reaching out for help!***



*If you are in emotional pain and need help,  
for confidential support and care:*

**CALL 1-401-414-LINK (5465)**

*For anyone under the age of 18:*

**CALL 1-401-855-KIDS (5437)**



**Southern Providence County  
Regional Coalition**

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# 3 Things That Calm Me Down

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_