

## 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