

## MAKING A COPING SKILLS CHART

<b>A little depressed and anxious</b>	<b>Starting to hate myself, say bad things, feel shaky and agitated</b>	<b>Wanting to hurt myself, feeling like no one cares; I'm all alone</b>	<b>Starting to feel suicidal, having fantasies about my funeral</b>	<b>Hoarding pills, buying razor blades; know that I'm not safe</b>
<b>Use distraction</b>	<b>Remember to breathe!</b>	<b>Find someone to talk to, even about the weather</b>	<b>Use Safety Nets</b>	<b>Talk to a safe person</b>
<b>Go for a walk</b>	<b>Go over Solutions List</b>	<b>Try not to be alone</b>	<b>Remember this is my way of coping with pain</b>	<b>Ring NHS 111 Option 2</b>
<b>Listen to music</b>	<b>Try to relax</b>		<b>Remember that the pain will pass</b>	<b>Give to someone the things you shouldn't have right now</b>
<b>Read a magazine</b>				

**This is just an example – create an individualised version with your client, discussing what would be most helpful for them**

Credit: Janina Fisher