



COPING STATEMENTS AND CARDS

DOWNLOADABLE RESOURCE

WHAT ARE COPING STATEMENTS?

These are positive and true statements that can be used to replace the negative and irrational self-talk during distressing situations.

For example: *"I am safe and this will pass. I have survived this before. I am just going to let this pass through my body."*

WHAT ARE COPING CARDS?

During an overwhelming situation it can be difficult to remember these statements. So it might be helpful to write some out beforehand.

The cards can be written for different situations that provoke the feeling of anxiety, sadness, panic, hopelessness etc.

THINGS TO REMEMBER

- The cards work best with statements that are specifically applicable to oneself and the situations you face.
- The statements can be read aloud (if possible) and repeated until one starts to feel better.
- Prioritise the statement. The statement that particularly helps in calming one down the most can be continued to be repeated.
- Breathe slowly and deeply as the statements are being read.

EXAMPLE STATEMENTS

- Stop, and breathe, I can do this
- This will pass
- I have done this before, and I can do it again
- This won't last forever
- I can feel bad and still choose to take a new and healthy direction
- I don't need to rush, I can take things slowly
- It's okay to feel this way, it's a normal reaction

