



Coping Skills

- **[DIY Coping Skills Box](#)**

This DIY coping skills box is a fun and simple way to help children learn and implement coping skills into their routine. This can help reduce temper tantrums, lessen anxiety and sadness, and boost self-esteem. It can also pave the way for self-care techniques they can take with them into adulthood.

- **[Affirmation Cards](#)**

Kids are visual creatures so positive affirmation cards, not only provide examples of affirmations to use, but also serve as a visual reminder to practice them regularly. Positive affirmations for kids help teach coping through changing negative thoughts into positive ones. This can help influence feelings of self-worth, increase motivation, and lead to greater satisfaction in life. Positive affirmation cards that can be used for kids, teens, and even adults to encourage healthy coping and create a positive mindset.

- **[Coping Skills \(Anxiety\)](#)**

The worksheet describes four strategies for reducing anxiety. Strategies include deep breathing, progressive muscle relaxation, imagery, and challenging irrational thoughts.

- **[Healthy vs. Unhealthy Coping Strategies](#)**

Coping strategies are the actions we take to deal with stress, problems, or uncomfortable emotions. Unhealthy coping strategies often provide instant gratification or relief, but have long-term negative consequences. In contrast, healthy coping strategies don't always feel good in the moment, but they contribute to long-lasting positive outcomes.

- **[Coping with COVID](#)**

Coping skills for kids, teens, and adults to help deal with anxiety and stress around Coronavirus (COVID-19). Also, a collection of resources to help adults talk with kids and teens about the virus.

- **[My Anxiety Plan \(MAP\) for Adults](#)**

(create a free account to access MAP): MAP is designed to provide adults struggling with anxiety with practical strategies and tools to manage anxiety. MAP includes 6 easy to navigate units with 45 lessons. Complete in order, out of order, or skim through training topics.

- **[My Anxiety Plan \(MAP\) for Children and Teens](#)**

(create a free account to access MAP) MAP is a resource for parents and caregivers to “coach” anxious children or teens using practical strategies and tools to manage anxiety. MAP includes 6 units with 46 lessons. Complete in order, out of order, or skim through training topics.

- **[Scream Box](#)**

A Scream Box is a fun and effective way to vent some of those intense emotions that build up inside like anger, fear and stress. While breathing, physical activity, and talking about it are great ways to help deal with difficult emotions, sometimes you just need to scream! Handled correctly, this can be a therapeutic way to vent some of that frustration. Screaming however is not always socially acceptable or

appropriate. That's where the Scream Box comes in handy.

Self-Care

- [Spa Day for Kids](#)

Project Nursery gives you ideas on how to create a luxurious spa day at home. Whip up some tea sandwiches and break out the plush robes to pamper the little divas in your life.

- [Self-Care Assessment](#)

Self-care activities are the things you do to maintain good health and improve well-being. Some self-care activities might already be part of your routine, such as eating regular meals, enjoying a hobby, or spending time with friends. However, during periods of stress, self-care sometimes takes a back seat to other responsibilities.