



Overwhelmed-Relieving Coping Cards!

These pocket cards might help you ground yourself through those intense feelings when worry gets the best of you.

Includes:

- 12 coping skills flash cards for those on the go who want to bring along concrete, printable coping skills to improve their mental health!
- Each card measures 9cm by 12cm long when printed on A4 paper.
- To use again and again, print, cut, and laminate.
- This digital print is intended for personal use only and may not be resold, posted, or used commercially without prior permission.



Cheryl T. Long

**Keep your attention
on the present
moment. What
should I be doing
right now?**

**It's not the
worst
possible
scenario.**

**It
will
be
over
soon.**

**Step by step
till the
situation is
resolved.**

I don't need to get
rid of stress; all I
need to do is keep it
under control.

I
can see my stress level
decrease
once I
weigh it
on a scale
of
one to ten.

Take
a
deep breath
and
relax.

Today
I am
strong
and
healthy.

I
choose to be calm
and
centered, regardless
of the situation.

I
am
doing
the best
I
can.

I
release
the need
for
perfection.

I
draw
on the support that
surrounds me,
in whatever form.