



Pain Management-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

I
can handle this if
I
take it one step at a
time.

This isn't
nearly as
horrible as
I
had
anticipated.

I
can handle
it no matter
how awful
things go.

I
need to keep
my eyes on the
bright side.

I
let go of all my
pain.

I
am
overcoming
my
chronic pain.

I
I find it
easy
to
release my pain.

I'm
in charge of
the
discomfort.

I
Will Not
Avoid Other
Issues in My
Life

I
Will
Create
a Body
That
Supports Me

My Peace
is More
Powerful
Than My
Pain

I
Am
Thankful
for Healing