

COPING BACKPACK IDEAS



Triangle breathing: Breath in for a count of 5, hold for a count of 5, breath out for 5. Repeat to calm.

Fidget, soothing object, squishy ball

54321: Name 5 things I can see, 4 things I can touch, 3 I can hear, 2 I can smell, one that I can taste

Small notebook and writing tools

Small item that reminds me of a happy memory or calming person; rock, coin, photo, little trinket



Mints, Protein Bar

Positive Affirmations

Lavender Spray

What else helps me to relax?

Be creative and make your own COPING BACKPACK at:

<https://www.therapyforfamily.com/coping-tools>

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