

My Coping Toolkit

The Growing Hope Kit, inspired by Dialectical Behavioral Therapy, is a tool you can use to help you cope with intense emotions and urges to engage in unhealthy coping like substances or self-harm. When you are in crisis, identifying unfamiliar, healthier skills can be overwhelming. Therefore, we hope your kit becomes your new guide to helping you get through difficult times. Personalize it with items that comfort you and remind you of things to try.

Distract

Take your mind off
your troubles



Color



Watch TV



Read a book



Take a walk



Engage in a
hobby

Fill in your own: _____

Comfort

Self-sooth your senses



Experience
nature



Wear comfy
socks



Use scented
lotion



Listen to
relaxing music



Eat some dark
chocolate

Fill in your own: _____

Improve the moment

Do something to better
your current situation



Honor your
feelings by
journaling



Make a
gratitude
list



Break from
screens &
media



Pray, meditate
or let go



Be kind to yourself
and others

Fill in your own: _____

Mindfulness

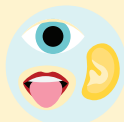
Focus on the present moment
without judgement



Pay attention
to one thing,
like a pebble
or a leaf



Breathe
deeply and
slowly



Notice what
you see, hear,
taste, smell,
and feel



STOP: Stop,
Take a step back,
Observe, Proceed
with intention



Accept the
present reality
as it is

Fill in your own: _____

Reach out

Asking for support is
a sign of strength



Call a friend



Find a
support group
in-person or
on-line



Download a
meditation
or prayer
app



Call a therapist
or spiritual
advisor



Call the crisis
line at 988 or
911 in a safety
emergency

Fill in your own: _____

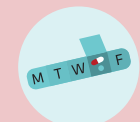
Safeguard your surroundings



Post your
reasons for
living around
the house



Remove
substances
from the
home



Remove
stockpiled
medications



Secure or
remove
firearms from
the home



Always have
Naloxone on hand
in case of an
opioid overdose
emergency

Fill in your own: _____



#WeSupportU
Suspenders4Hope™

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