



## Worksheet:

# Build Your Coping Toolbox

A coping toolbox is a collection of skills, techniques, items, and other suggestions that you can turn to when you start to feel anxious or distressed.

<b>Step 1: Identify 1 - 5 Triggers</b>	<b>Step 2: Identify 1 - 5 Warnings Signs</b>
<b>Step 3: Identify 1 - 5 Coping Techniques</b>	<b>Step 4: Identify 1 - 5 Strengths about yourself</b>