

Mental Wellness Coping Statement Cards

Coping Statements for Anxiety

Coping Statements for Fear

Coping Statements for Feeling Overwhelmed

Coping Statements for Phobias

Coping Statements for Panic

Coping Statements for Pain Management

Coping Statements for Disordered Eating

Coping Statements for Anger Management

Source: Lee, J. (n.d.). Use Coping Cards and Coping Statements to Improve Mental Health. Retrieved March 7, 2016, from <http://www.choosehelp.com/topics/mental-health/rehab-for-patients-with-mental-health-challenges>

Coping Statements for Anxiety

- Fighting this doesn't help – so I'll just relax and breathe deeply and let it float away.
- This feeling isn't comfortable, but I can handle it.
- By relaxing through these feelings I learn to face my fears.
- I can feel anxious and still deal with this situation.
- This is not a real emergency. I can slow down and think about what I need to do.
- This feeling will go away.¹
- By staying present and focused on my task my anxiety will decrease.
- These are just thoughts – not reality.
- Anxiety won't hurt me.
- Feeling tense is natural. It tells me it's time to use coping strategies.
- Things are not as bad I am making them out to be.
- Don't discount the positives.²

Coping Statements for Fear

- I've done this before so I can do it again.
- I'll be glad I did it when this is over.³
- I'll feel better when I am actually in the situation.
- I'll just do the best I can.
- By facing my fears I can overcome them.
- Worry doesn't help.
- Whatever happens, happens. I can handle it.

Coping Statements for Feeling Overwhelmed

- Stay focused on the present. What do I need to do right now?
- It will soon be over.
- It's not the worst thing that could happen.
- Step by step until it's over.
- I don't need to eliminate stress, just keep it under control.
- Once I label my stress from 1 to 10 I can watch it go down.
- Take a breath.

Coping Statements for Feeling Phobias

- I can always retreat out of this situation if I decide to.
- There is nothing dangerous here.
- Take deep breaths and take your time.
- This feeling is just adrenaline. It will pass in a couple of minutes.
- These feelings are not dangerous.⁴

Coping Statements for Panic

- This isn't dangerous.
- I will just let my body pass through this.
- I have survived panic attacks before and I will survive this as well.
- Nothing serious is going to happen.
- This will pass.⁵

Coping Statements for Pain Management

- I can control the pain.
- One step at a time - I can handle this.
- I need to stay focused on the positives.
- It won't last much longer.
- This isn't as bad as I thought.
- No matter how bad it gets, I can do it.
- It will be over soon.

Coping Statements for Disordered Eating

- Food is fuel. Food is medicine. Food makes muscles.
- Don't think, just eat.
- I am not my illness.
- Strong, healthy, smart.⁶

Coping Statements for Anger Management

- It's not worth getting mad about.
- I won't take this personally.
- I am in charge not my anger.
- I am going to breathe slowly until I know what to do.⁷
- Getting angry isn't going to help.
- I can handle this and stay in control.
- Remember to breathe. Remember to breathe.
- People aren't against me – they're for themselves.⁸

References

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Adapted from ChooseHelp.com (2015) and adapted for Now Is The Time (NITT) grantees.