



# I'm Calm

Coping and Problem-Solving Skills

Presented By:

Lynette Elliott

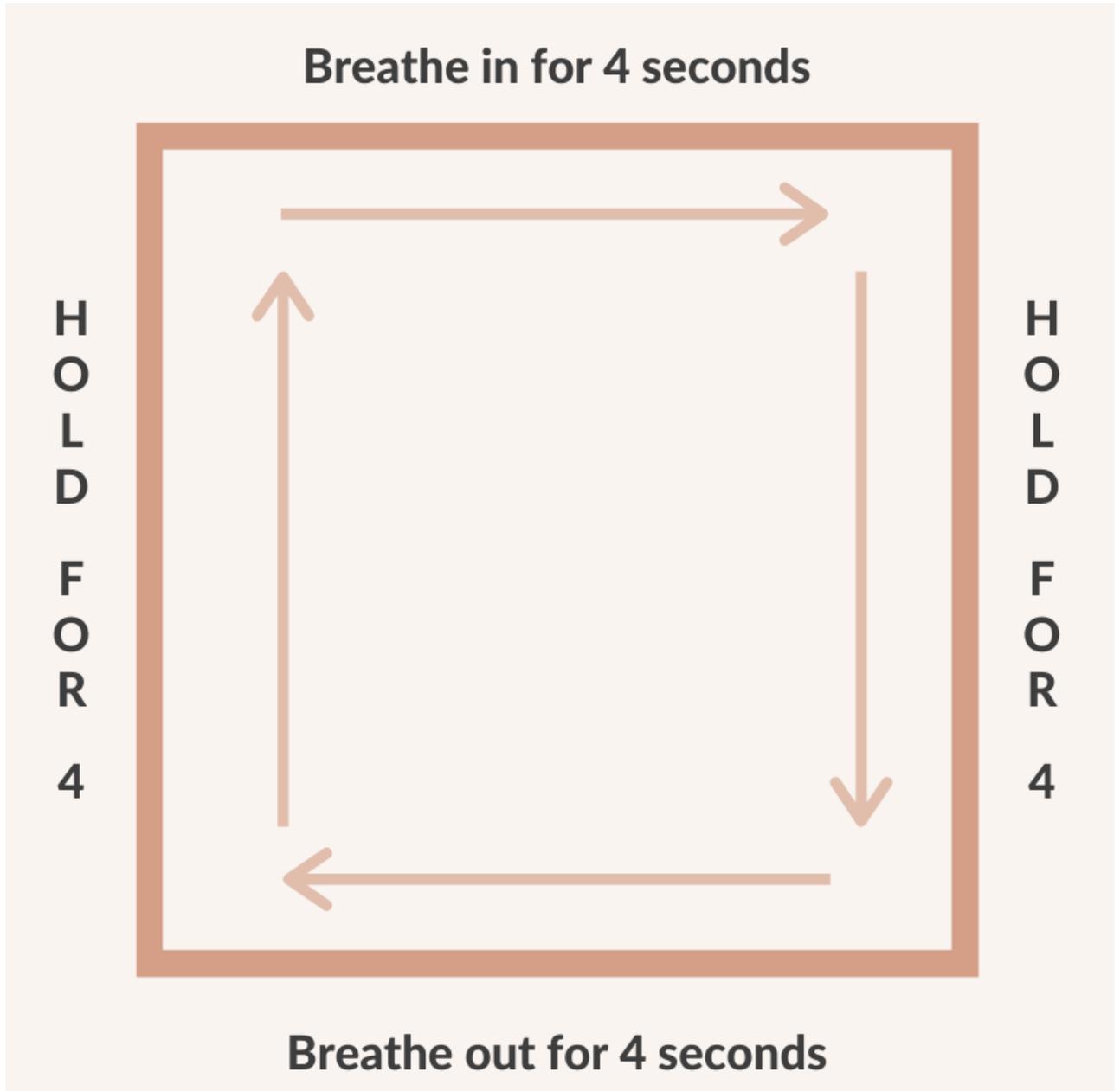
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# Blow on Your Thumb Breathing



- Begin with a full, relaxed exhale.
- Step 1: inhale gently and slowly through your nose until your lungs are full.
- Step 2: stop inhaling or exhaling for 3 seconds.
- Step 3: pucker your lips as if you're going to whistle and blow air as slowly as possible onto your thumbnail (at least 7 seconds, but you may be able to build up to 15).

# Box (Square) Breathing



Begin with a full, relaxed exhale.

Step 1: inhale gently through your nose while counting to 4.

Step 2: stop inhaling for 4 counts (do not “hold” breath).

Step 3: exhale gently through your mouth while counting to 4.

Step 4: stop exhaling for 4 counts (again, do not hold breath).

Repeat steps 1-4 for 5 minutes.

# 4/7/8 Breathing



# 4

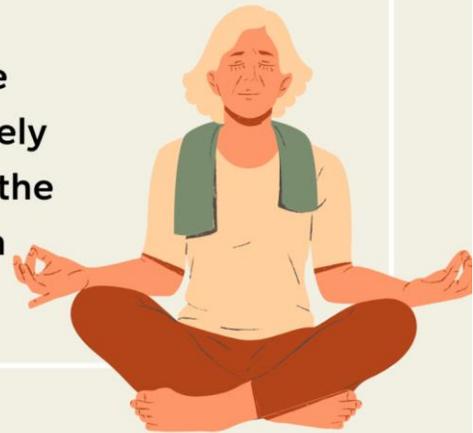
Close your mouth, inhale quietly through the nose

# 7

Hold your breath for a count of seven

# 8

Exhale completely through the mouth



Begin with a full, relaxed exhale.

Step 1: inhale gently through your nose while counting to 4.

Step 2: stop inhaling for 7 counts (do not “hold” breath).

Step 3: exhale gently through your mouth while counting to 8.

Repeat steps 1-3 for 5 minutes.

# Observing

## Engage the 5 Senses

List or think of one thing for each of your 5 senses right now.  
Examples:

**See:** carpet, the sun, your fingers, a coworker

**Hear:** traffic, laughter, music, birds, office noise

**Feel:** wet rain, a warm room, a smooth desk, rough fabric

**Smell:** perfume, pizza, a leather bag, brewing coffee

**Taste:** candy, toothpaste, onions from your sandwich



# Observing, cont'd...

## Recognizing Feelings

**Body**

**Mind**

**Actions**

# Reframing

## Changing Negative Self-Talk to Positive Self-Talk

### **Negative Self -Talk**

Write down those negative thoughts  
in your head.

### **Positive Self-Talk**

Change those negatives into positives.  
Use your own name when you're  
writing the sentences!

# Problem Solving

**Identify one problem**

--

**List all possible solutions**

--

Solution	Advantages	Disadvantages

**Download printable version:**

[https://www.talkplus.org.uk/downloads\\_folder/Problem\\_Solving.pdf](https://www.talkplus.org.uk/downloads_folder/Problem_Solving.pdf)

# Problem Solving, cont'd...

## Select one solution

--

## Make an action plan

Steps	<i>Include what, where, when, and with who</i>
1	
2	
3	
4	
5	
6	

## Review your solution

<i>What went well?</i>	
<i>What could you do differently</i>	





# Developing Positivity – Self-Reflection

## Self-Esteem Journal

<b>MON.</b>	Something I did well today...	
	Today I had fun when...	
	I felt proud when...	
<b>TUE.</b>	Today I accomplished...	
	I had a positive experience with...	
	Something I did for someone...	
<b>WED.</b>	I felt good about myself when...	
	I was proud of someone else...	
	Today was interesting because...	
<b>THUR.</b>	I felt proud when...	
	A positive thing I witnessed...	
	Today I accomplished...	
<b>FRI.</b>	Something I did well today...	
	I had a positive experience with (a person, place, or thing)...	
	I was proud of someone when...	
<b>SAT.</b>	Today I had fun when...	
	Something I did for someone...	
	I felt good about myself when...	
<b>SUN.</b>	A positive thing I witnessed...	
	Today was interesting because...	
	I felt proud when...	

Download printable version:

<https://www.therapistaid.com/worksheets/self-esteem-journal>

# Developing Positivity – Gratitude

## Why I Am Grateful

Sometimes things get tough to handle. We may feel disheartened, sad, or even hopeless to achieve our goals. It is at these times of uncertainty that it is important to remember what we are grateful for and what keeps us motivated to be the best we can be.

Below is a gratitude list. Complete the list by providing answers for each category and a brief description of why they were chosen to fill the slot.

### A goal for the future

1.
----

### 2 Activities that make me happy

1.	2.
----	----

### 2 Things that keep me motivated

1.	2.
----	----

### 2 Things that make me proud

1.	2.
----	----

### 2 People I am grateful for

1.	2.
----	----

### 2 Memories I am grateful for

1.	2.
----	----

### 2 Things that give me hope

1.	2.
----	----

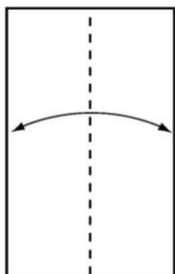
**Download printable version:**

<https://www.psychpoint.com/worksheets/why-i-am-grateful>

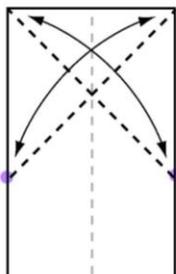
**Bonus download “Gratitude with Attitude” workbook:**

<https://mindfulnessexercisess.com/gratitude-when-youve-got-attitude-worksheet/>

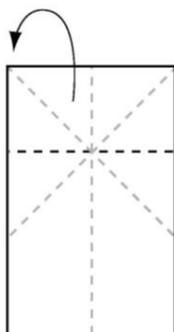
# Fidget Craft – Origami Jumping Frog



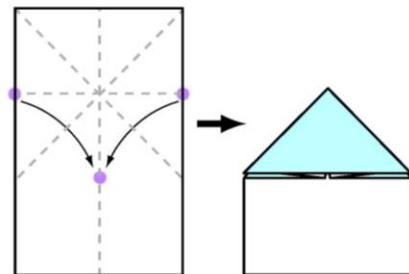
1. Start with a rectangular sheet of paper, white side up. Fold it in half, and open out again



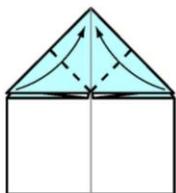
2. fold both top corners to the opposite edge of the paper. Your creases should look like this



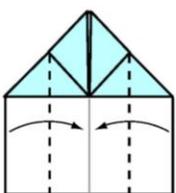
3. Where the diagonal creases meet in the middle, fold the paper backwards, crease well and open.



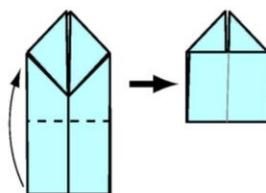
4. Hold the paper at the sides, bring these points down to the centre line, then flatten. The creases should do most of the work here!



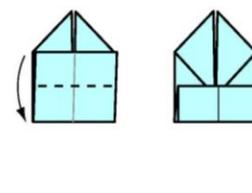
5. Fold the uppermost triangles up to the top point.



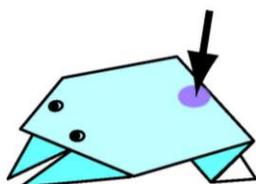
6. Fold sides in to the centre line.



7. Fold bottom of model upwards so the end sits in the centre of the top diamond.



8. Now fold the same part downwards, in half.



9. Turn over and your frog is finished!  
To make him jump, press down on his back as shown.

**Please note these instructions use a rectangle/index card rather than a square. I have found that a shorter body/back legs make them jump better, so I use squares.**

**Download printable version:**

<https://www.quebec4-h.com/wp-content/uploads/origami-jumping-frog-print.jpg>

# Coping Skills

## Coping Skills Alphabet

### A

Ask for help  
Aromatherapy  
Art  
Attend an event of interest  
Athletics  
Ask to talk to a friend  
Allow time to think  
Apologize  
Act out feelings  
Address the real issue

### B

Bounce a stress ball  
Bake something delicious  
Be attentive to your senses  
Bask in the sun

### C

Count backwards by multiples of 3  
Color a picture  
Catch a ball  
Call a crisis line \_\_\_\_\_  
Chat with a friend  
Challenge irrational thoughts  
Cultivate calming techniques

### D

Deep breathing  
Draw emotions/feelings  
Dance  
Do push-ups  
Daydream  
Drink water  
Discuss feelings

### E

Eat a snack  
Exercise  
Escape the situation  
Eradicate erroneous thoughts

### F

Find a safe place  
Finish house work  
Find a fishing hole  
Fetch funny YouTube videos  
Free weights  
Find a book to read  
Filter through your emotions  
Find a puzzle to play  
Follow up on a missed opportunity  
Find a friend  
Free write your feelings  
Fly a kite  
Focus attention elsewhere

### G

Go talk to a trusted adult  
Go to a "Happy Place"  
Generate positive thoughts  
Game  
Go to a friend's house  
Get help from a teacher  
Go outside  
Go running  
Grow a garden  
Get help from others

### H

Help someone else with their problem  
Hike  
Have a party  
Hug a pug (or another pet)  
Hang out with a sibling  
Honor your truth  
Have someone listen to your problem

### I

"I" statements  
Identify triggers  
Instagram picture positivity  
Initiate conversation  
Imagine your "safe place"  
Ignore people who bring you down

### J

Jog in place  
Jot down happy thoughts  
Jumping jacks  
Jump rope  
Journal

### K

Kick a soccer ball  
Knit  
Know your value  
Keep hands to yourself

### L

Listen and discuss  
Laugh out loud  
Long walks  
Listen to music  
Lay down with a soft blanket  
Look outside  
Learn something new

### M

Make a plan  
Meditate  
Meet new people  
Move your body

### N

Nap  
Never give up  
Name something positive

### O

Offer assistance  
Organize your closet  
Open up  
Observe your surroundings  
Olfactory (smell) senses  
Orchestrate a date with friends

# Coping Skills, cont'd...

## Coping Skills

# Alphabet

### P

Play a game  
Paint a picture  
Practice an instrument  
Prepare a healthy meal  
Play in the park  
Phone a friend  
Put yourself in the other person's shoes  
Periscope out for perspective  
Play with playdough

### Q

Quiet time  
Quilt  
Quench your thirst with a glass of water  
Quickly remove the stressor  
Quote uplifting authors  
Question feelings

### R

Read  
Roast vegetables  
Relax  
Ride a bike  
Reproduce a random act of kindness  
Rest  
Request space

### S

Sing in the shower  
Sleep  
Send a gratitude letter  
Soak in the tub  
Stretch your muscles  
Surf the emotion wave  
Swing in a hammock  
Stop and think about your response  
Shoot baskets  
Speak up  
Schedule an appointment for support  
Score tickets to an uplifting movie  
Stop and listen

### T

Talk to a friend  
Take a deep breath  
Tackle your problem  
Tear paper  
Tetherball  
Take a time-out  
Team up with a friend  
Talk it out  
Telephone support  
Tend to a child

### U

Unite with family  
Undertake a project  
Unwind  
Utilize your resources  
Understand and accept your feelings

### V

Visit a grandparent  
Volunteer  
Visualize your powerful place  
Verbalize emotions effectively  
Validate your experience  
Visit your support team  
Vent feelings  
Video games

### W

Watch a movie  
Write poetry  
Walk and talk  
Workout  
Whistle a tune  
Wail at the top of your lungs  
Wallop a pillow

### X

X-ray your feelings  
Xerox a picture and color it

### Y

Yell into a pillow  
Yoga  
Yoyo  
Yield control

### Z

Zigzag around the room  
Zumba  
Zone out  
Zero in on the real problem

List Other Coping Skills Here:

# RESOURCES

## **Mental and Emotional Wellness Resources**

<https://www.tappingsolutionfoundation.org/howdoesitwork/>

<https://www.drlauriesantos.com/happiness-lab-podcast>

<https://www.mindful.org/>

## **Positivity Learning and Resources**

<https://www.coursera.org/courses?query=positive%20psychology>

<https://www.youtube.com/watch?v=oB2F74HNheA> (covers planning to help with anxiety, boundaries, and play)

<https://tools.positivepsychology.com/ebook> (free!)

## **Problem Solving Learning and Worksheets**

<https://drsoph.com/blog/how-to-problem-solve-when-you-are-stressed>

<https://www.psychologytoday.com/us/blog/neuronarrative/201801/problem-solving-buffers-the-brain-against-anxiety>

<https://positive.b-cdn.net/wp-content/uploads/2021/10/Reactions-to-Stress.pdf>

<https://positive.b-cdn.net/wp-content/uploads/2021/10/What-Are-Your-Unique-Triggers.pdf>

<https://positive.b-cdn.net/wp-content/uploads/2021/10/Problem-solving.pdf>

## **How Crafting Helps Our Brains**

<https://shswny.org/the-unexpected-benefits-of-crafting>

<https://www.cnn.com/2014/03/25/health/brain-crafting-benefits/index.html>

<https://www.healthline.com/health/diy-depression-therapy-how-the-arts-can-heal>



# You're Calm

Email me any time!

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