

MINDFUL MOMENT

Internal Coping Skills

@BODYIMAGEWITHBRI

Deep Breathing

Calm App "Breathing"

Starfish breathing

Diaphragmatic
Breathing

Nostril Breathing

Movement

Yoga

Stretching

Lean against the door
frame

Muscle Relaxation

Grounding Techniques

5 Senses

Aroma Therapy

Categories (List as many
items as possible under
one category; ie.
Animals)

Gratitude

Positive Affirmations

Create a Gratitude List

Pray

Contact

Hug Myself

Put on lotion

Run your hands under
warm water

Drink water

Visualization

Imagine a safe place

Imagine your perfect
day

Think of all the people
you love doing
something they love

Mindfulness

Count slowly to 100

Say the Alphabet
backwards

Make a mental list of
your favorite things

Meditation

Guided Meditations

Rainbow Meditation

Body Scan

Preparation

Create an anxiety log

Scale from 1 - 10

Identify Triggers

Highlight Alternative
Coping Skill