

## **My Coping Kit**

<b>Balloons:</b>	To help me slow my breathing down, so I can calm down & think clearly
<b>Elastic bands:</b>	To snap against my wrist to feel something
<b>Play dough:</b>	To focus, distract & engage my sense of touch.
<b>Bubbles:</b>	To slow my breathing, distract me and get me outside
<b>My List of Alternatives:</b>	To NSSI to go through when I feel the urge to self-injure
<b>Bouncy ball:</b>	To throw as hard as I can, get me outside, release physical tension & anger, distract me & remind me - that I too can bounce back!
<b>Puzzle or brain teaser:</b>	To distract me & ground me
<b>Soft toy:</b>	To provide comfort, soothe & reorient me
<b>Mindfulness exercises:</b>	To regulate my emotions
<b>My safety plan:</b>	To remind me that someone cares about me. So, I know that even in my darkest times, I'm not alone
<p style="text-align: center;"><b>If you find your strategies don't work &amp; you feel you can't cope, contact Kids Helpline on 1800 55 1800 or Lifeline on 13 11 14. In case of emergency call 000</b></p>	