# Coping cards

Short reminders to read in situations you find hard, written in advance.

When feelings run high it is hard to think straight, so a coping card is written in advance. Use one card for each situation you find hard. Keep the words short, believable and in your own voice.

> **An example**
> **When I notice** my chest tighten before a meeting, **I will remind myself** that this is adrenaline and it settles once I start. **Then I will** breathe out slowly and walk in.

*Cut along the dashed lines. Keep the cards where you will see them, or take a photo of each one.*

**When I notice...**
My warning sign or trigger

**I will remind myself...**
A fair, balanced thought

**Then I will...**
One or two helpful actions, or someone to contact

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*Coping cards are a cognitive therapy tool described by Judith Beck.*

*In an emergency call 112 or 999. Samaritans: freephone 116 123.*

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This handout supports your therapy. It does not replace professional advice.