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

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.
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

1. **Coping Statements for Anxiety**  

2. **Coping with Negative Thinking**  
   http://www.drbeckham.com/handouts/CHAP03_COPING_WITH_NEGATIVE_THINKING.pdf

3. **Anxiety Network: Coping Statements for Anxiety**  
   http://anxietynetwork.com/content/coping-statements-anxiety

4. **Anxiety Advice: About Phobias**  

5. **RMIT: Coping with Panic Attacks**  

6. **McMaster Children’s Hospital: Coping Statements for Disorders Eating Patients**  

7. **Coping Statements for Anger Management**  

8. **SMART Recovery: Rational Thinking for Anger Management**  
   http://www.smartrecovery.org/resources/library/Articles_and_Essays/Rational_Thinking/anger.htm

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