There are times in all of our lives when we need to "reach in," and there are times we need to "reach out." Sometimes one may be more appropriate depending on the situation and level of distress you’re experiencing. You may even use a combination of the two.

Reaching in means utilizing independent coping skills that help you feel better and manage stress and distress. These are tools you can use within your own power that do not require outside assistance or support.

**COPING SKILLS CHECKLIST - WHAT WOULD YOU BE WILLING TO TRY?**

*Don’t forget to always include the big 3: Sleep, Nutrition, and Exercise*

**SLEEP**
- Distraction
  - Read a book
  - Play a game
  - Watch TV/movie
  - Do arts & crafts
  - Listen to music
  - Clean/organize
  - Work on a puzzle

- Emotions Release
  - Write in a journal
  - Pop balloons or bubble wrap
  - Let yourself cry
  - Scream into a pillow
  - Laugh
  - Dance to loud music
  - Tear up paper
  - Hit a punching bag

**NUTRITION**
- Grounding
  - Take deep breaths
  - Meditate
  - Go for a walk/run/hike/bike ride
  - Squeeze a stress ball
  - Practice yoga
  - Pet an animal
  - Knit/crochet (or learn how!)
  - Rub a worry stone

**EXERCISE**
- Give Back
  - Perform a random act of kindness
  - Volunteer
  - Write positive messages on sticky notes and leave them for others to find
  - Smile at others
  - Join a cause you care about
  - Donate to a local shelter

**THOUGHT CHALLENGE**
- Make a gratitude list
- List your negative thoughts and reasons they may not be true
- Read your favorite inspirational quote
- Make a list of your positive qualities and things you’re good at

**SELF-KINDNESS**
- Say kind things to yourself
- Cook your favorite meal
- Treat yourself to something you enjoy
- Try aromatherapy
- Take time to relax
- Make your bed

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<th>Our Favorites</th>
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**TOGETHER**
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2. 
3. 

Where are you on the Mental Health Scale today?

Where would you like to be?

Use the 4 What’s Next Framework to help you get there!

Visit 4whatsnext.org to learn more
Reaching out requires seeking and accepting help outside of yourself by talking to or working with other people who can provide support or guidance. We all need to reach out from time to time. Who are some of the people you can talk to when you feel sad, stressed, or lonely? Be as specific as possible.

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Know the resources in YOUR community

- Call 211, visit 211.org
- The Village for Families and Children, visit thevillage.org
- Crisis Text Line - text 741741, visit crisistextline.org
- mentalhealth.gov
- parenttoolkit.com

Add your own!
1. 
2. 
3. 
4. 

Where are you on the Mental Health Scale today?

Distress
How do I respond?
Reach In
Reach Out
Is it working for me?
Yes
No

Where would you like to be?
Use the 4 What’s Next Framework to help you get there!

Visit 4whatsnext.org to learn more