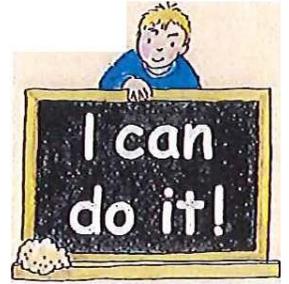


## Positive Self-talk / Coping Thoughts Worksheet

Positive statements encourage us and help us cope through distressing times and when we feel triggered. We can say these encouraging words to ourselves, and be our own personal coach. We have all survived some very distressing times, and we can use those experiences to encourage us through current difficulties.



Examples of coping thoughts might be:

- Stop, and breathe, I can do this
- This will pass
- I can be anxious/angry/sad and still deal with this.
- I have done this before, and I can do it again.
- This feels bad, it's a normal body reaction – it will pass
- This feels bad, and feelings are very often wrong
- These are just feelings, they will go away
- This won't last forever
- Short term pain for long term gain
- I can feel bad and still choose to take a new and healthy direction
- I don't need to rush, I can take things slowly
- I have survived before and I will survive now.
- I feel this way because of my past experiences, but I am safe right now.
- It's okay to feel this way, it's a normal reaction.
- Right now, I am not in danger. Right now, I am safe.
- My mind is not always my friend.
- Thoughts are just thoughts – they're not necessarily true or factual.
- This is difficult and uncomfortable, but its only temporary.
- I can use my coping skills and get through this.
- I can learn from this and it will be easier next time,
- Keep calm and carry on.

Identify 3 positive statements / mantras from this page the following one and write them down:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

- **You can write them on yellow sticky notes and post them in your house (on the bathroom mirror, cupboards, sun visor in your car, etc) so you can see and read them every day. "In your sight in your mind"!**
- **Alternatively, you can write them on a card and carry them in your purse or pocket, or you can save them as a screen saver on your phone or computer; you can add them to your phone's calendar as notifications or reminders at a specific time every day.**

## Mantras to Bring You Back to Calm

1. I deserve to live with ease.
2. I always feel better when I pause in response to stress.
3. I say "no" to stress and "yes" to ease.
4. I've done more than enough today.
5. I've done well. I don't have to be perfect.
6. My freedom lies in my ability to gracefully say "no."
7. Peace is within my reach.
8. Stress is not my friend.
9. Breathe and breath again.
10. Smiling brings me joy.
11. Laughter lightens my load.
12. Even though I feel stressed, I completely love and accept myself
13. Time for a \_\_\_\_\_ (fill in the blank: bath, walk, swim, cuddle with pet, breathtaking sunset, etc.).
14. I'm in charge of my stress response.
15. I feel grateful for \_\_\_\_\_ (fill in the blank)
16. In every moment, peace is a choice.
17. I choose \_\_\_\_\_ (fill in the blank: peace, joy, love, calm, acceptance, etc.)
18. It's okay to leave now.
19. Let it be.
20. Stop and smell the roses.
21. I thrive on love.
22. Be here now.
23. Take a step back.
24. Relax, release, ease.
25. Slow down, you more too fast!
26. Don't worry, be happy.
27. Take it easy.
28. I forgive myself.
29. It's not the end of the world.
30. All is well.
31. I surrender and let go.
32. I release all expectations that are leading to feelings of stress.
33. I will stay calm and carry on.