



## Coping Tool Box – Warm up Exercise

This purpose of this simple exercise is to prepare group members to later discuss more challenging topics by having everyone identify, share then prepare some basic coping tools. At the end of the group, everyone should have some tools that they are ready to use.

**Directions** – Everyone should get a copy of this paper and something to write with. Under each tool picture below write down something that helps you cope. Keep answers appropriate to the group and positive. Simple answers are fine, in fact they are even encouraged. When everyone is done coming up with 3 coping tools, cut out the three tools below and put them all in one big pile as a group

Go around the room picking a tool from the pile and read it. As a group, discuss why this tool may be effective and how it can be used as a way to cope when under stress. There may be some repeat answers which can be good because more than one person in the group thought of it

***When the group is over each person should pick their 2 or 3 favorite coping tools that they believe work best for them personally***

