

's Coping Skills Toolbox

Coping skills can help us take care of ourselves when we're dealing with something difficult, challenging, or high stress situations. Fill up your toolbox now and use it whenever you need a little extra care.

THINGS I ENJOY	CARE FOR MY BODY	SHIFT MY PERSPECTIVE
CONNECT WITH OTHERS	PRIORITIZE & ORGANIZE	CALM MY MIND



**CAMPUS
HEALTH**

HEALTH.ARIZONA.EDU
@UACampusHealth

wellcats.arizona.edu/mental-health



's Self-Care Menu

Self-care keeps you healthy, balanced, and feeling like yourself. It's ongoing and works best when it's part of your routine. When you have options that work for you, it's easier to make self-care part of your day.

FUN

SUSTAINING

SUPPORTIVE PEOPLE

SELF-CARE GOALS

FUN + SUSTAINING

HOW I WILL ACCOMPLISH:
(circle 1-2)

APPS

SCHEDULE IT

SELF-CARE BINGO

GAMIFY WITH POINTS

TELL AN IMPORTANT PERSON

OTHER: _____