



Coping Tools Checklist

Check the tools you want to try. Use the line to write what helped, what you noticed, or how you want to remember this practice.

☐ **The Grace Pause**

Pause, notice, receive grace, respond with kindness.

☐ **Gratitude Reset**

Name three small gifts from today — even simply your breath.

☐ **Grounding Through the Senses**

5-4-3-2-1 with a faith twist: thank God for one of each.

☐ **Worship as Coping**

Turn toward God in song, praise, or prayer.

☐ **Identity in Christ**

I am loved, forgiven, God's workmanship, not condemned, not alone.

☐ **Take the Thought Captive**

Compare the anxious thought with truth (2 Cor. 10:5).



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☐ **What's Mine to Carry?**

Name what is yours and what you can release to God.

☐ **Square Breathing**

In for 4, hold 4, out for 4, hold 4.

☐ **Breathe & Be Still**

Pair slow breath with "Be still, and know that I am God."

☐ **Rest Without Guilt**

Rest is part of being human, not something you earn.

☐ **One Small Step**

One kind next step — honest and gentle, not perfect.

"Come to me, all you who are weary and burdened, and I will give you rest." — Matthew 11:28