

The Coping / Wellbeing Toolbox

So, what exactly is a Coping / Wellbeing toolbox?

It can generally be described as your favourite items or activities that can help reduce feelings of anxiety, panic, worry or those things that help create a calming effect when you feel distressed.

It is not uncommon for mental health professionals to get a person who is in recovery to create a coping or wellbeing toolbox that they can use when they feel they need for something to get them through an anxiety or panic attack or any kind of distressing situation. Coping or Wellbeing toolboxes are not just for people living with a mental health disorders, they are a useful set of tools that can be used by anyone as a means of enhancing their wellbeing. So why not consider creating your own toolbox.

The items below are suggestions of what you might include in your toolbox. But, at the end of the day, it's up to you what you include. The only thing to consider is, that the items or activities you include are the ones that provide a sense of positivity and help you get through difficult times.



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