



## **Self-Soothing / Coping Statements**

Going through a distressing time can be difficult. A few kind words from those around us can make all the difference but what can have a bigger impact is to be able to offer these words of encouragement, courage and reassurance to yourself when you most need it.

To help you take control of your feelings and be able to soothe, calm and console yourself as and when you need rather than waiting to hear it from those around you will help put you in the driving seat of your life.

The self-soothing statements will help you get through emotionally distressing times. All you have to do is pick ones that relate and resonate with you. Write them onto a piece of card / paper and carry them with you. During times of distress, refer to your card and repeat the statement that you have chosen for yourself. Keep repeating it to yourself as it will remind you that you are stronger than you think, braver than you feel and smarter than you think!

1. I am safe and well.
2. It's ok, I am ok and everything will be ok.
3. Stop, breathe in and breathe out.
4. I know what this feeling is and I am stronger than it.
5. I have been through this before and will get through it now too.
6. This is a normal and natural reaction; I will be ok.
7. I have coping strategies to deal with this, and I know exactly what I have to do.
8. It is just a thought; it doesn't mean it is true.
9. Drop the shoulders down, away from ears, straighten back, push shoulders back and open up the chest. Breathe in. Breathe out.
10. I am in control, I have a choice, think rationally and logically using facts and evidence.