

TYPES OF COPING TOOLS

COPING TOOLS are strategies that we use and activities that we do to help us adjust our level of alertness and deal with stress. We can think of coping tools as falling into three main categories:

- 1) BREATHING
- 2) CALMING
- 3) ALERTING

BREATHING Tools use our breath to calm our brain and nervous system, allowing us to feel calmer quickly. When we breathe deep in through our nose and out through our mouth at a slower rate, we activate our brain's "rest and digest" system that allows us to relax.

CALMING Tools let us apply the brakes in our car when our engines are running too hot. They help us take control of our car when we are driving too fast. Calming tools help us relax our body and brain. Calming tools are usually RED ENGINE coping tools.

ALERTING Tools wake us up. They help us feel more alert when we are tired. Alerting tools also lift our mood when we are sad. We use alerting tools when our engines are running slow. Alerting tools are usually BLUE ENGINE coping tools.

