

# Coping skills toolkit

## When things are going well

Write down the things you need to happen for you to feel you are coping.

e.g.

- I have support from friends and family
- My child's school is very helpful

## Things that help me cope

Write down the things you already do that help you cope better as a parent carer

e.g.

- Making time to chat to other carers
- Spending quality time with other family members
- Having me time – going for a walk or having a bath

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## Situations that can me feel stressed or overwhelmed

Write down some examples of times you find it hard to cope as a parent carer, and any previous actions you have taken that have helped.

e.g.

- I don't feel like professionals are helping me to cope  
*I can try:* making a list of things to discuss before my next appointment
- I am very tired and not getting any sleep  
*I can try:* seeing if my mum can look after the kids for a night so I can get a good night's sleep.

## How I can tell when things are getting too much

Think about how your behavior and habits change when you are finding things hard.

e.g.

- I cant sleep
- I get headaches
- I feel angry at everyone and everything

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## **What I can do when things are getting too much**

Write down things that have helped you feel better when you have previously felt overwhelmed, or ideas of what you could do when problems arise

e.g.

- Let someone who is supportive know that I am struggling
- Work out what things need to get done and what can wait until I feel better
- Ask a friend or family member for help