Baylor College of Medicine

COPING CARD

Check in on the basics

When was the last time I:

- Ate?
- Slept?
- Drank Water?
- Exercised?

To care for others, we must also take care of ourselves.

Coping Statements

1. I am trained to take care of others. I am doing the best I can.
2. This too will pass.

Add 2 of your own

Take 1 minute

Close your eyes or keep them open with a soft gaze. Thinking of a calming place, what do you see, hear and smell? Who is there with you? Take yourself to this place when you need a moment of calm.

Activities for a 30-second break to calm:

- Put cold water or an ice pack on your face.
- Slow breathing down by breathing in for 4 seconds and out for 6 seconds.
- Notice 3 things of the same color in the room.
- Send a text to someone you care about.

If you find that you cannot do anything else, remember to **take one deep breath** — in through your nose and out through your mouth.

Brought to you by:
Wellness Coordination & Intervention Services Office of Education Affairs
**Adapted from NYU Langone Coping Card*