

**FREE**

# COPING CARDS TO HELP FEELINGS OF ANXIETY



scan to download or head to:

[bit.ly/MHSTCopingCards](https://bit.ly/MHSTCopingCards)

Coping skills or strategies are a way of helping manage difficult feelings such as worry or anxiety. Dorset MHST have created a set of 16 coping cards full of different coping strategies that you can use in work, school or at home. These are ideal to use for days you might feel you need extra support or reminders of ways to manage on days that feel harder.