

# Coping & Comfort Words

## Language as a Tool for Self-Care Part 1



Comfort Words are words to use when you feel stressed or bothered by something. They neutralize the Fight or Flight Words and feelings that make your body think it's in a real emergency. Try to catch yourself before this happens by remembering your Comfort Words to reground yourself.



### FIGHT OR FLIGHT WORDS

Awful  
Fail  
Never  
Impossible

VS.

### COPING WORDS

Manageable  
Learn  
Rarely  
Challenging



1

#### LOOK

Look at how powerful these words are and how easy it is to dial them, and the anxiety they create, down.

2

#### GENERATE

In a group, brainstorm a list of Fight or Flight words (that you tend to use), and rephrase them into Coping Words. Think of at least 4 for each.

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### FROM COPING TO COMFORT

Individually or in pairs, fill out your own Creative Coping Card, which lists your go-to Comfort Words that you can go to when you're in the middle of a stressful situation. You can come up with more than one for each category!

## Your Creative Coping Card

**HAPPY PLACE** \_\_\_\_\_

*Imaginary or real, what place makes you feel joyful, relaxed, and good?*

**COMFORT FOOD** \_\_\_\_\_

*What dish, snack, or treat makes you feel cozy and satisfied?*

**PERSON OR PET** \_\_\_\_\_

*Who makes you feel loved and safe?*

**WHAT ELSE?** \_\_\_\_\_

*Could be a song, a favorite TV show, a smell, or an item of clothing.*

**Remember these words so that  
whenever you need a break, they're there for you!**

## Reflections & Actions

**Keep adding to your comparison list of Fight & Flight vs. Coping Words to remind you to dial down the stress in your brain.**

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_____	_____
_____	_____

**Carry your Creative Coping Card with you if it helps! It's always good to know you can get them out and mentally transport to a different place whenever you need.**