

# TAMING OLIVIA



## HOW TO USE COPING THOUGHTS.



# How To Use Coping Thoughts.

Coping statements or thoughts are a great way to help us get through challenging times. Think of them as our very own little cheerleaders who support and encourage us when times are tough. There are loads of coping thoughts available to us, here are some examples below:

- I've overcome challenges before, and I can do it again.
- I can be anxious/angry/sad and still deal with this.
- I have done this before, and I can do it again.
- This feels bad, but it's a normal bodily reaction - it will pass.
- This feels bad, but feelings are very often wrong.
- I can learn from this, and it will be easier next time!
- These are just feelings, they will go away in time.
- This won't last forever.
- I'm not alone, I can reach out for help.
- I can feel bad and still choose to take a new and healthy direction.
- I don't need to rush, I can take things slowly.
- I need to stop and breathe....
- I feel this way because of x, y, z, but I can get through this.
- Every time I face something like this, I become stronger and develop new skills to help me cope.
- Developing coping skills is like building muscles - it just takes a little practice.
- It's okay to feel this way, it's a normal reaction to what's happening!
- Don't believe everything you think!
- I can do this!
- Thoughts are just thoughts - even the upsetting ones.
- This is difficult and uncomfortable, but it's temporary.

## ACTIVITY:

Here's a bit of space to add any additional coping statements you might find helpful!

Remember that learning how to use coping thoughts is a new skill – and all new skills can feel tricky at first! You'll find that the more you practise using coping thoughts, the more natural they will become, and before you know it, you will be able to use them automatically and with ease to support your mental well-being!

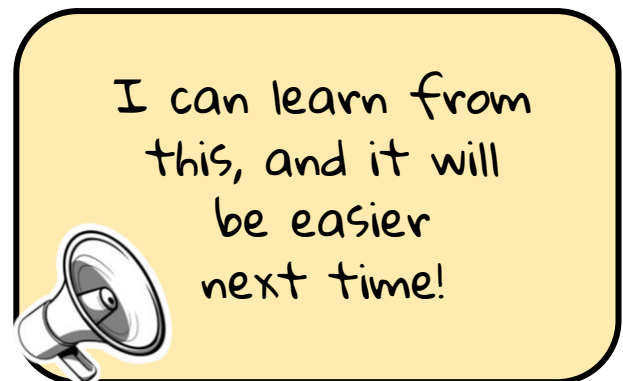
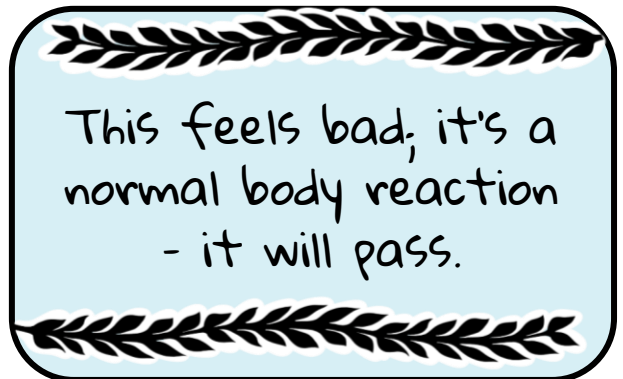
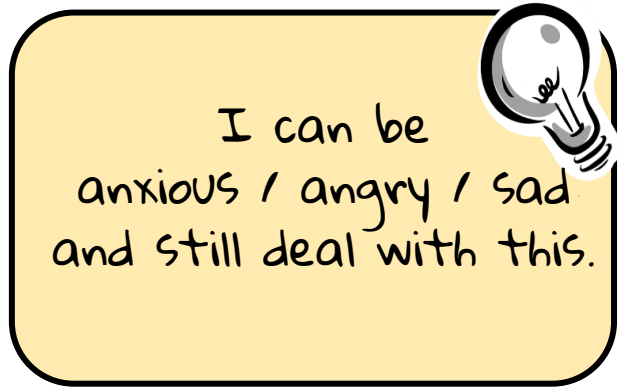
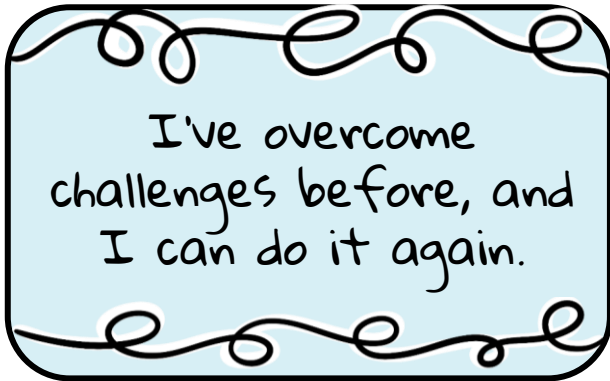


**WHOO!**

# How To Use Coping Thoughts.

Remembering to use your coping thoughts in times of stress can be tricky at first! Having them written down and in easy view is often a good idea to remind you to use them.

Below are printable coping thought cards; choose which ones suit you, print them out and put them where they'll act as an awesome reminder to show yourself compassion and care. They can be slipped into purses and wallets, stuck on the fridge or tacked to the side of your bed – it's totally your choice! There are some blank cards at the end so you can add some of your own statements too!



# How To Use Coping Thoughts.

These are just feelings, they will go away in time.



I'm not alone, I can reach out for help.

This won't last forever.



I can feel bad and still choose to take a new and healthy direction.

I need to stop and breathe....



I don't need to rush, I can take things slowly.

Don't believe everything you think!



I feel this way because of x, y, z, but I can get through this.

# How To Use Coping Thoughts.



This is difficult and uncomfortable, but it's temporary.

Developing coping skills is like building muscles - it just takes a little practice.



Thoughts are just thoughts - even the upsetting ones.



It's okay to feel this way; it's a normal reaction to what's happening!

I can do this!

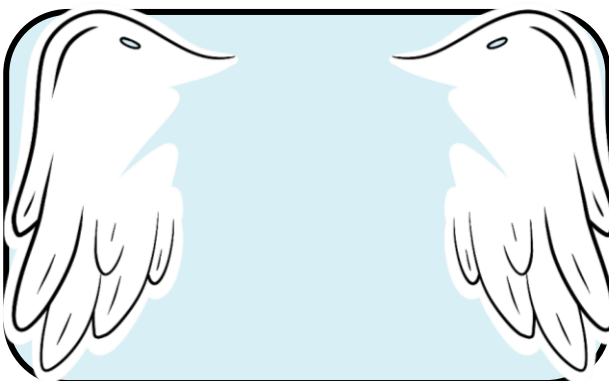
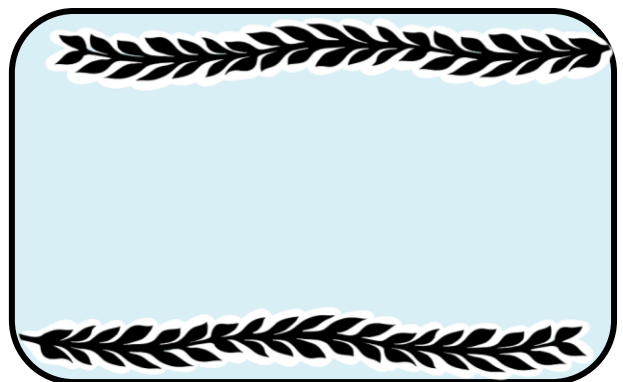
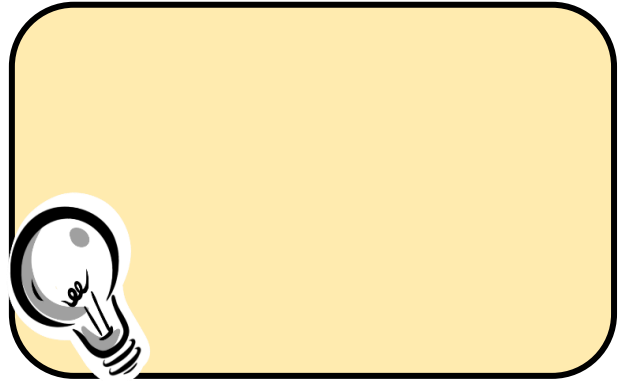
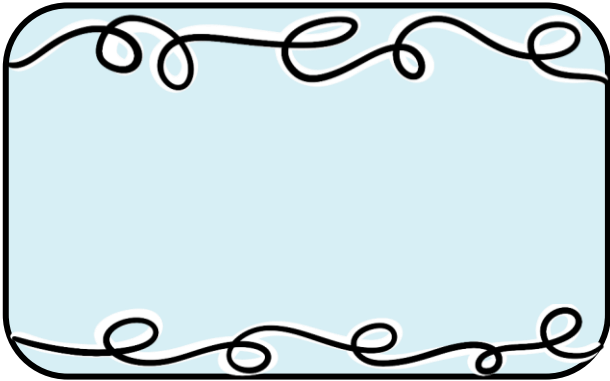
Every time I face something like this, I become stronger and develop new skills to help me cope.





# How To Use Coping Thoughts.

**HERE'S A BIT OF SPACE TO ADD ANY ADDITIONAL COPING STATEMENTS YOU MIGHT FIND HELPFUL!**



# How To Use Coping Thoughts.

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## A word about compulsions.

**In OCD**, compulsions are used as a way of lessening the anxiety caused by obsessions. Depending on the nature of your OCD, some of those compulsions could be repeating sentences to yourself either verbally or in your head as a way of reassuring yourself that your fears won't actually happen.

**Being** aware of how compulsions work will allow you to keep using coping thoughts as a positive recovery strategy. The use of coping thoughts may have become a compulsion if you feel you need to repeat the coping thoughts over and over, and/or if not doing so causes you distress.

Staying mindful of the difference will help you to keep this a healthy and helpful activity!

## **AND THERE YOU HAVE IT!**

**Hopefully**, by completing this pack, you have:

- learned what coping thoughts are and how to use them,
- a range of helpful coping thoughts to help you during challenging times,
- a wide variety of printed-out cards that you can slip into your wallet or beside your bed to remind you that you can get through tricky times!

**I hope you have found it helpful!**

Sending loads of love, Catherine xx

If you put your cards up anywhere please send us a picture or tag us on social media - we'd love to see the creative ways in which you use them!



# WELL DONE FOR LEARNING YOUR WAY THROUGH THIS PACK!



*If you have any ideas about packs that you would like to see in the future, please get in touch with us via the details below. If you haven't already, please sign up for our newsletter on the website for more content and freebies.*

## TAMING OLIVIA

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**Catherine  
Benfield**

*Illustrated by Pete Benfield*

Thank you so much for supporting our small business - it means the world to us!

Taming Olivia started eight years ago as a blog discussing how self-compassion, kindness, and creativity helped in OCD recovery. Throughout these eight years, it became clear that the majority of resources given to people hoping to build positive mental well-being were plain and uninspiring. Where were the colourful, engaging, and impactful resources that helped promote the growth of new skills we were working towards?

As one qualified social, emotional and mental health teacher with OCD and one artist who lives with someone with OCD, we thought we might have the right combination of skills to create some. We had a go, shared them with a few people, received incredible feedback, and decided to open a shop in the hope that we could help even more people.

And here is the result! Our packs are designed to inform, engage and encourage people to develop skills all within a space that is compassionate, bright and uplifting.

Taming Olivia has a simple goal: to create feel-good, engaging, and impactful resources that help people build positive mental well-being and to help address some of the needs arising from mental health conditions such as anxiety, depression and OCD. It is our mission to make resources that are accessible and enjoyable for all.

Neither of us is a therapist or medical professional, and these printables are not a substitute for professional advice, professional training, or therapeutic services. If you feel you need professional support, please seek it. You are way too important not to.