Desoto Family Counseling
& Pediatric Therapy Center

FINDING SILVER LININGS SINCE 2004

THANK YOU

FOR COMING!

We're so glad you came to Coffee + Coping Skills.

In this doc, you will find all the resources/coping skills that you saw or heard about today.

Here are a couple of helpful links to get started:

Our website:
desotofamilycounseling.org

Our insta:
@desoto_family_counseling

COFFEE AND COPING SKILLS

SELF CARE GUIDE

Wellness/self care is actively caring for your whole self to achieve well-being.

Remember: Self Care can look different for everyone!

Down Time	This is a time to let your mind wander. Do not think about any particular goal or activity you need to do. It helps the brain recharge. Examples: spending time relaxing in nature, star gazing
Focus Time	Closely focus on a task or a goal. This challenge can help the brain make deep connections. Allow your brain to work, explore, using curiosity and creativity. Examples: completing homework, following the instructions to build a leggo dinosaur, organizing a closet, folding laundry, learning a new language
Play Time	Sit back, relax, and be spontaneuous! Being creative and allowing time to "just play" helps the brain recharge and make new connections. Example: doing a craft, imaginary play, trying a new hobby, arts and crafts, creating a game
Physical Time	Get up and get moving! It strengthens the body and your brain. Know your body and give it what it needs for health, healing, and energy. Examples: going for a walk, playing a sport, hydrating and drinking water, eating healthy foods
Connecting Time	Connecting with others- ideally in person! Build and engage in trusting, respectful and authentic relationships. As well as stopping to connect with the natural world (literally stopping to smell the flowers). Example: time with family, facetime with a friend, spirituality & connection to the world, volunteering to help someone
Time In	Quiet time. Quiet reflections help to better unite your brain. Focus on sensations, thoughts and feelings. Be kind to yourself as you may recognize and experience a wide range of emotions. Examples: religion, meditation, personal journal reflection (through art or words), counseling/therapy, or reflection
Sleep Time	Get your Zzzzzzz! While the brain snoozes, what you have learned that day is now being strengthened. Sleep also allows the brain to recover from the day's experiences.

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Step by Step

New Client Process

Step 1

Determine which service you are seeking

Step 2

Call our office or fill out a request on our website

Step 3

Complete your new patient paperwork

Step 4

Attend your intake appointment and set treatment goals

Step 5

Schedule follow up appointments

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WHAT DO I NEED?

DO I NEED COUNSELING, MEDICATION, OR AN EVALUATION?



COUNSELING

Counseling, also referred to as therapy, is a broad term that encompasses many different types of therapy. For children, play and outdoor therapies are most helpful. For teens and adults, talk therapy is the most commonly used therapy, but can also include outdoor settings and movement. Counseling is always a safe and confidential space to process thoughts and feelings. The relationship built between a client and their therapist is often times the most healing aspect of therapy.



MEDICATION

Medication management can be extremely helpful for those experiencing distressing and/or overwhelming symptoms. We recommend to our clients that they pair medication management with counseling in order to achieve their goals. If you decide that you'd like to try medication to help with your symptoms, our medication providers will have an intake with you to decide what is best to start with, and will have periodic follow up appointments to monitor your wellbeing.



PSYCHOLOGICAL EVALUATION

Psychological evaluations are helpful for those who would like an extensive examination of their mental health in order to identify their diagnosis and treatment needs. Often, people need psych evals if they are looking to advocate for themselves or their child in a school or work setting. Always be sure to get clarity on whether or not a diagnosis or a formal psychological evaluation is needed. A counselor can provide a diagnosis, but only certain professionals can conduct a psychological evaluation.

At DFCPTC, we currently offer counseling and medication management.

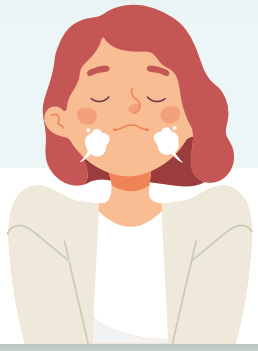
S.T.O.P

Mindfulness Method

S Stop what you are doing



T Take some deep breaths



O Observe your feelings and needs



P Plan and proceed



Self-Care

That Supports You

START WITH SMALL PAUSES

Give yourself intentional moments to stop, breathe, and let your mind settle so you can move forward with more clarity.

CARE FOR YOUR BODY GENTLY

Choose simple, nurturing habits like staying hydrated, eating well, and giving your body the softness it needs each day.

PROTECT YOUR ENERGY

Respect your limits by saying no when necessary and creating space that keeps you emotionally balanced.

MOVE WITH INTENTION

Engage in light movement that feels good for you, helping refresh your mood and release built-up tension.

REST WHEN YOUR BODY ASKS

Listen to your body's signals and allow yourself to slow down without guilt, giving room for real recovery.

COPING SKILLS FOR A HEALTHIER MIND!

- Deep Breathing
- Mindfulness
- Positive Affirmations
- Exercise
- Social Support
- Time Management
- Journaling
- Visualization
- Self-Compassion

COPING SKILLS
Checklist

1. Identify Stressors

Think about the things that cause you stress or difficult emotions. Check all that apply:

- ☐ School or Work Pressure
- ☐ Family Conflicts
- ☐ Friendship or Social Issues
- ☐ Feeling Overwhelmed
- ☐ Changes or Uncertainty
- ☐ Health Concerns
- ☐ Financial Worries
- ☐ Other: _____

2. Recognize Coping Skills

Review this list of coping skills. Check the ones you currently use or want to try:

- ☐ Deep Breathing or Meditation
- ☐ Talking to a Friend or Family Member
- ☐ Physical Exercise (walking, sports, yoga)
- ☐ Listening to Music
- ☐ Writing or Journaling
- ☐ Other: _____
- ☐ Drawing or Art
- ☐ Taking Breaks or Time for Yourself
- ☐ Positive Self-Talk
- ☐ Setting Small Goals
- ☐ Practicing Gratitude

3. Plan for Coping

What is one new coping skill I want to try?

_____

When will I use this coping skill? (e.g., when I feel stressed at school)

_____

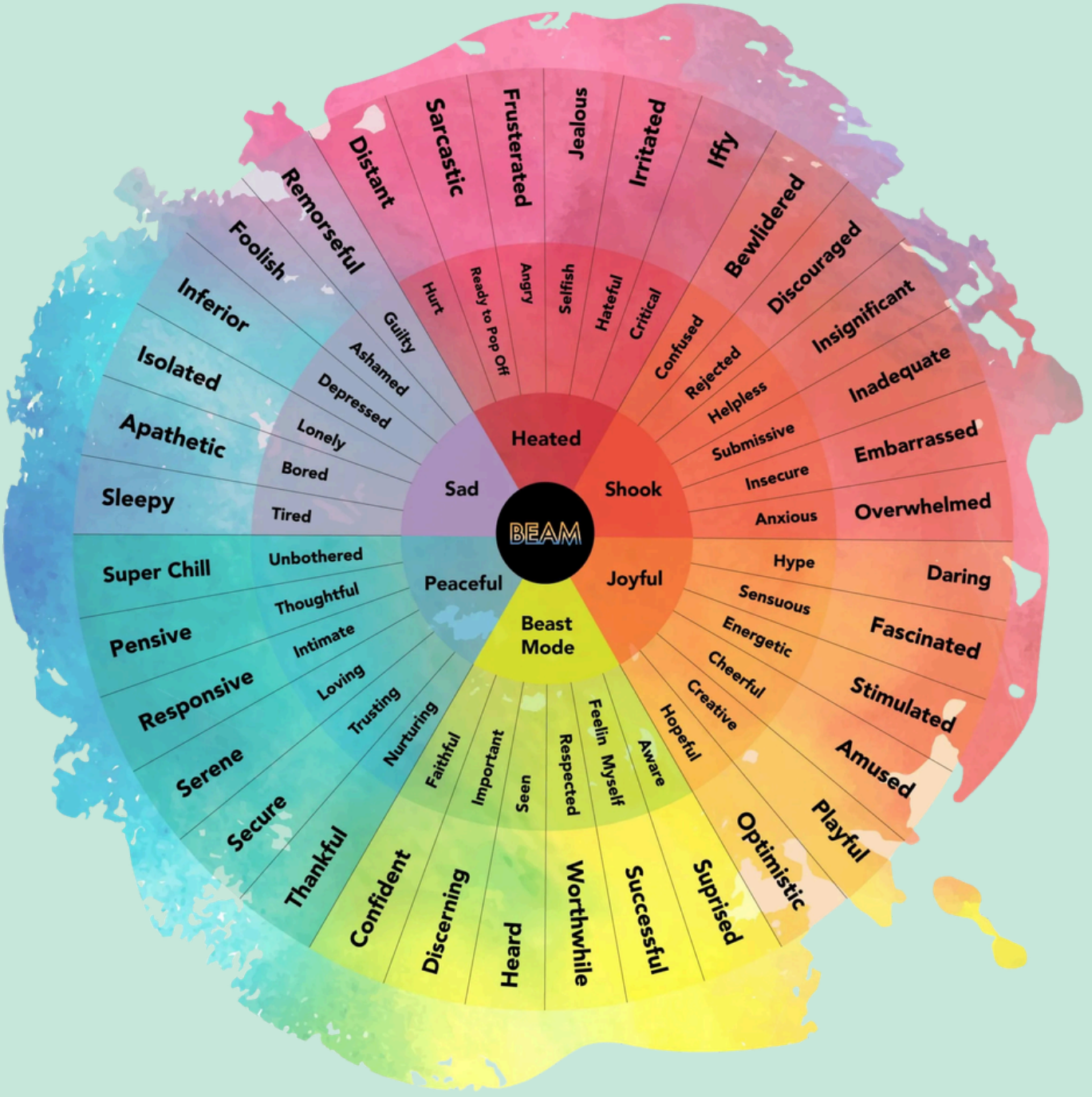
Who can I talk to when I need support?

_____

What can I do to take better care of myself during stressful times?

_____

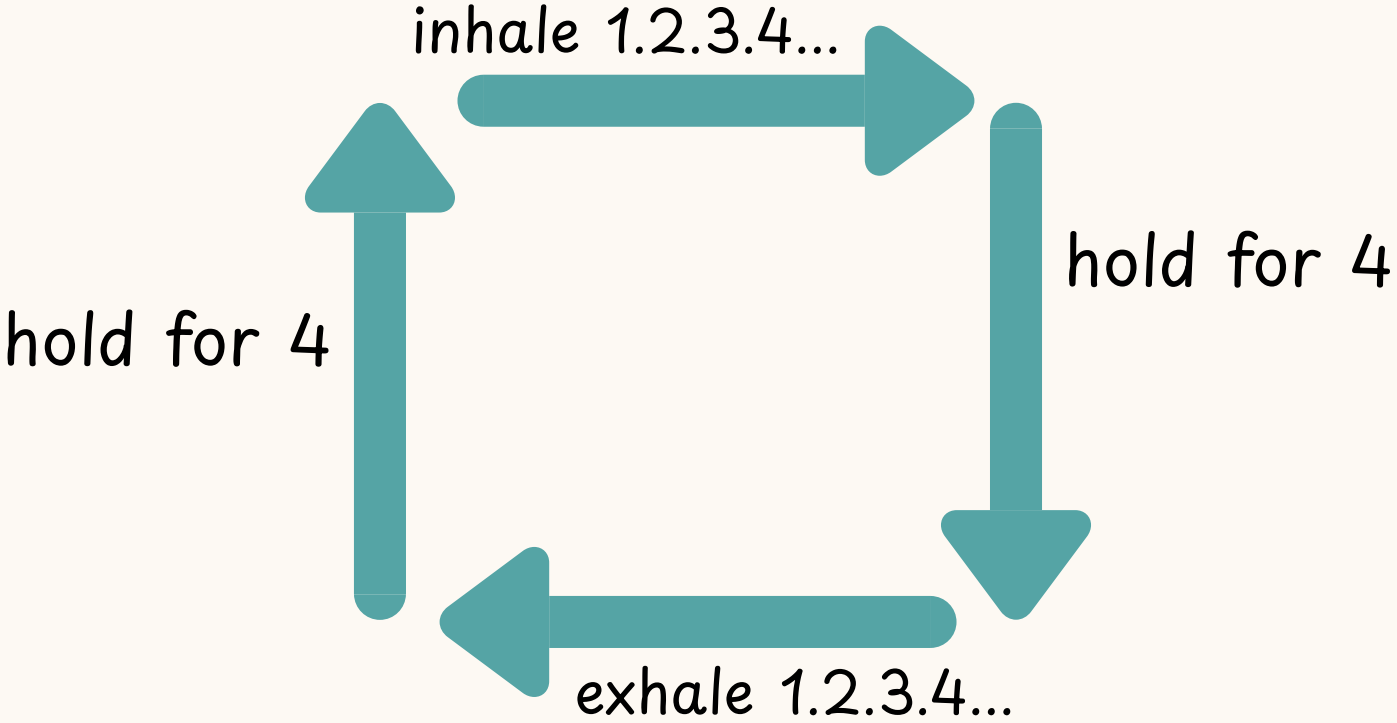



BEAM
Heated
Shook
Joyful
Beast Mode
Peaceful
Sad
Hurt
Ready to Pop Off
Angry
Selfish
Hateful
Critical
Confused
Rejected
Helpless
Submissive
Insecure
Anxious
Hype
Sensuous
Energetic
Cheerful
Creative
Hopeful
Aware
Feelin Myself
Respected
Seen
Important
Faithful
Nurturing
Trusting
Loving
Intimate
Thoughtful
Unbothered
Tired
Bored
Lonely
Depressed
Ashamed
Guilty
Irritated
Jealous
Frusterated
Sarcastic
Distant
Remorseful
Foolish
Inferior
Isolated
Apathetic
Sleepy
Iffy
Bewlidered
Discouraged
Insignificant
Inadequate
Embarrassed
Overwhelmed
Daring
Fascinated
Stimulated
Amused
Playful
Optimistic
Suprised
Successful
Worthwhile
Heard
Discerning
Confident
Thankful
Secure
Serene
Responsive
Pensive
Super Chill

square breathing







trace the square with your eyes- follow the arrows

Mindfulness Meditation Apps



(tap the car for a great and short video using cars on the highway to teach mindfulness)

Headspace

Headspace- has free content on their app and also paid content. Thye put some of their content on Youtube for free! They specialize in nature sounds and daily meditations.

Calm

Calm- has free content on their app and also paid content. Calm puts a ton of their content on Youtube for free! They specialize in nature sounds and daily meditations.

