Did it help—even a little?

Coping is not a test. A tool can help you get through a moment without fixing everything.

Before: intensity 0–10 ____
(0 = low, 10 = very intense)

Tool I tried: _____

After: 0–10 ____

What I noticed:

_____

- ☐ Keep
- ☐ Adapt
- ☐ Try something else

If it did not help, that is useful information. You did not fail.

If you are being hurt or feel unsafe, reach out for help. Coping tools do not replace safety.

Progress is Progress LLC

Mile or a Millimeter

You're not alone.

988 Suicide & Crisis Lifeline —
call or text 988.

My reset plan

One tool I can use anywhere:

_____

Someone I can contact:

_____

My backup if that's not enough:

_____



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07 / TEENS / AGES 13–18

Your Coping Toolbox

**You already have tools.
Find what fits this moment.**

Try it. Notice it. Make it yours.

Mile or a Millimeter

01 / Match the tool to the moment.

Different moments can need different tools.

MOVE
Move or stretch in a way that works for you.

NOTICE
Notice three things around you.

CONNECT
Message a safe person.



CREATE
Try music, drawing, or making something.

If breathing helps, breathe gently without holding. Choose another tool if it feels uncomfortable.

Right now I notice:

One tool I can try for two minutes:

A small shift counts.
You do not have to force calm.

02 / Make it work in real life.

Choose tools you can actually use where you are.

At school: a water break, gently pressing your hands together, or asking for a quiet minute.

One tool for school or work:

One tool for home:

One tool that is free and needs no supplies:

If my first choice is not available:

Your toolbox can include rest, movement, nature, creativity, and people. It does not have to look like anyone else's.







03 / Build a backup plan.

Some moments need another person.

"I'm having a rough time. Can you listen or help me figure out what I need?"

My first small step:

Someone I can contact:

How I can reach them:

If they are not available:

If you feel unsafe or overwhelmed, reach out to a trusted adult or counselor. Keep asking if the first person does not help.

A mile or a millimeter.
Getting support counts.