


## Create a recipe for coping

A fun way to think about your own inner strengths during difficult times. When things feel tough, it can be useful to think about the “ingredients” we often already have to get through it!

 Remember you don't have to try it, and you can stop at any time.

### Step 1

Think about something that you have found difficult, this could be an experience, a relationship, school, or anything else.

### Step 2

Think about what inner strengths you have (or would like to have) in order to work towards coping better. (E.g. Humour, resilience, confidence, hope etc).

### Step 3

Use your inner strengths to create a fun recipe (E.g. A pinch of courage, a cup of patience, 15mls of interest, a handful of tears and 100g of banter).

### Step 4

You can use this step as a template or create your own: A pinch of... A cup of... 15mls of ... A handful of... 100g of...

### Step 5

If you want to, share your coping recipe on the Kooth discussion board to help and inspire the Kooth community and perhaps make you feel good too!

### Step 6

Notice what it was like to share your recipe or read others'. And if you enjoyed it, perhaps try this activity again.

### Step 7 (Optional)

Tell us if you've tried the activity...

☐

I've tried the activity 🙌