

COPING CARD

*To care for others,
we must also take
care of ourselves.*



Check in on the basics

When was the last time I:

- Ate?
- Drank water?
- Slept?
- Exercised?



Coping Statements

1. I am trained to take care of others. I am doing the best I can.
2. This too will pass.

Add 2 of your own



Activities for a 30-second break to calm:

- Put cold water or an ice pack on your face.
- Slow breathing down by breathing in for 4 seconds and out for 6 seconds.
- Notice 3 things of the same color in the room.
- Send a text to someone you care about.



Take 1 minute

Close your eyes or keep them open with a soft gaze. Thinking of a calming place, what do you see, hear and smell? Who is there with you? Take yourself to this place when you need a moment of calm.



If you find that you cannot do anything else, remember to take one deep breath — in through your nose and out through your mouth.

How are you doing this week? BCM is offering an online self-assessment called the Well-Being Index (WBI). The WBI can be taken every 7 days and provides immediate individualized feedback and resources to support your well-being. Visit the [Well-Being Index login page](#) and use your specific invitation code below to sign up.

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Scientists (Ph.D. or M.D./Ph.D.): BCM GSBS

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**Please include the spaces in the password*