

Comfort Words

Comfort Words are words to use when you feel stressed or bothered by something. They neutralize Fight or Flight words & feelings, which make your body think that it is in a real emergency. Try to catch yourself before this happens by reaching for your Comfort Words to regroup yourself.



Materials

List of Fight or Flight Words vs. Neutral Words (included below)

Comfort Words Worksheet Printout (included below)

Creative Coping Card (CCC)

Writing Utensil

Group Leader Instructions

COMPARE & CONTRAST: Spend some time talking about the difference between Flight or Flight Words and Neutral words and how each makes you feel.

PRINT & DISTRIBUTE: Then print and share the Comfort Words sheet with the group.

FILL OUT YOUR CCC: Have everyone fill out the “Comfort Words” section of their Creative Coping Card.

SHARE: Take time to share. It’s fun to learn what brings other people comfort!

Individual Instructions

1

COMPARE & CONTRAST

Review the list of Flight or Flight Words and Neutral words. Notice the differences between them. How does each make you feel? Make a mental note

2

FILL OUT YOUR CCT

Fill out the “Comfort Words” section of your Creative Coping Card.

3

SHARE

Take time to share with your near and dear ones and encourage them to do the same. It’s fun to learn what brings other people comfort!

Comfort Words WORKSHEET



FIGHT OR FLIGHT WORDS

Awful
Always
Horrible
Never
Painful
Should
Terrible

VS.

COMFORT WORDS

Manageable
Sometimes
Inconvenient
Rarely
Uncomfortable
Can
Challenging



Your Comfort Words

HAPPY PLACE _____

A place that brings you joy—whether you’ve been there or not. Just hearing the name of it makes you feel good. e.g. Hogwarts, Maui, etc.

COMFORT FOOD _____

A favorite food you love to eat—just the sound or smell of it makes you happy! e.g. Watermelon, French Fries, etc.

A PERSON OR PET _____

A person or pet you’re fond of. Just their name makes you smile!

Try committing these to memory so you can get to your happy place without even blinking an eye!