

Coping Cards — a pocket set

Ten cards in the author's own words. Print them, cut along the lines, carry the one you need.

CARD 1 · THE MOTTO See clearly. Serve willingly. Rest without guilt. <i>showyourmap.com</i>	CARD 2 · THE CREED Laugh, learn and love. If you need to, ask forgiveness from whoever you harmed. Go with God. <i>showyourmap.com</i>
CARD 3 · THE SERENITY PRAYER God, grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference. <i>showyourmap.com</i>	CARD 4 · START ANYWHERE Start anywhere you need. <i>showyourmap.com</i>
CARD 5 · NAME THE WEATHER Name the heart before you answer it. Anxious. Depressed. Lonely. Answer the weather; don't judge it. <i>showyourmap.com</i>	CARD 6 · THE BREATH Breathe in slowly. Hold a moment. Let it out slower than you took it in. Repeat until the front passes. <i>showyourmap.com</i>
CARD 7 · THE TETHER Tether before venturing into uncharted territory. Clip in before the dive, not during it. <i>showyourmap.com</i>	CARD 8 · THE STOPPING RULE You are allowed to stop. Sabbath is God's stopping rule — permission to rest when the work is done. <i>showyourmap.com</i>
CARD 9 · BEFORE YOU KNOW We can't know before we know. <i>showyourmap.com</i>	CARD 10 · THE LIFELINE If the weight is at that edge right now: call or text 988 — veterans, press 1 — or text 838255. Answered by people, day and night. <i>showyourmap.com</i>