

6 Key Coping Skills



Distraction

Puzzles; Cleaning; Crafts; Computer; Pokémon Go; TV; Netflix; Reading; Gardening; Art; Learning; Instagram; Letter Writing

Pros

Gives your heart & mind a break.
Great for short-term relief.
Great to get through a crisis.

Cons

Can't do it for too long.
Doesn't resolve underlying issues.
Meds can make it hard to focus.



Grounding

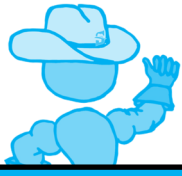
Yoga; Hiking; Observe Nature; Use Senses; Journal; Meditate; Prayer; Walk on Grass Barefoot; Slowly Chew Food

Pros

Reduces physicality of anxiety;
Slows dissociation process.
Can establish feeling of peace.

Cons

Dissociation may be helping.



Emotional Release

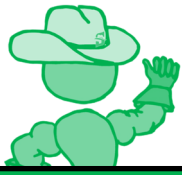
Yell; Scream; Run; Shower; Dance; Sing Loudly; Pop Balloons; Exercise; Cry; Laugh

Pros

Reduces strong emotion.
Great for anger management.
Helps with fear, guilt, shame.

Cons

Hard to do in public.
May feel unnatural or odd.
Fatigue may reduce effort.



Thought Challenge

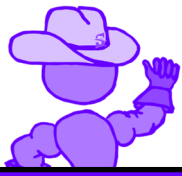
Write down negative thoughts. Then, list all reasons why they may not be true. Also, imagine if a loved one had these thoughts. What would you tell them?

Pros

Can help to shift thinking habits.
Being more logical reduces emotion.

Cons

The more emotional you feel, the harder this may be to do.
Example: Feelings of shame may be a challenge.



Self Love

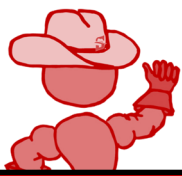
Massage hands with nice cream; Manicure your nails; Cook a special meal; Clean your room; Bubble bath or long shower; Buy yourself a treat.

Pros

Develop comfort being alone.
Great for guilt or shame.
You deserve it!

Cons

May feel hard to do.
May feel superficial (But, it's not).



Access Higher Self

Help someone; Volunteer; Smile at strangers; Random acts of kindness; Pet animals; Join a cause.

Pros

Reminds us that everyone has value; and, that purpose can be found in both, large and small things.

Cons

Don't forget about you in the process of get trying to save everyone else.