



Healthy Coping Skills

SELF-SOOTHING



Check in with your five senses in the environment you are in.

Seek out something sensory in one or more of the senses, including:

- See (a painting, the room you're in, the environment outside)
- Touch (a soft blanket or sweater, a heavy rock or paperweight, a weighted blanket)
- Hear (music, birds outside)
- Taste (something strong like a mint, cinnamon, candy, or chocolates)
- Smell (candles, lotion)

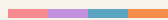
DIVERSION OR DISTRACTIONS



Diversions or Distractions include:

- Writing, drawing, painting, photography
- Playing music, singing, dancing
- Taking a shower or a bath
- Exercising, either in a class or alone
- Getting outside in nature, go for a walk, a run, or a hike
- Cleaning and organizing
- Puzzles, knitting, crocheting, needlepoint, crosswords, sudoku
- Reading
- Playing games
- Watching tv or certain social media channels

SOCIAL & INTERPERSONAL COPING



Social & Interpersonal Coping include:

- Talking to someone you trust
- Being assertive
- Using humor
- Writing a note to someone you care about
- Writing a note to someone to hurt you or that you are angry with (you don't have to send it)
- Spending time with family or friends
- Serving someone else, volunteer
- Caring for or play with a pet (if you don't or can't have one, you can volunteer at an animal shelter!)

COGNITIVE COPING



Cognitive Coping includes:

- Being flexible
- Making a gratitude list
- Brainstorming solutions
- Changing your passwords to common accounts with positive statements or attributes (*ex: IamStrong2020*)
- Writing a list of goals
- Taking a class
- Writing a list of pros and cons for decisions
- Writing a list of strengths
- Keeping an inspirational quote around, put it on your bathroom mirror or make it your wallpaper or lock screen on your phone

OPPOSITE ACTION



Opposite Action includes:

- Doing something opposite of your impulse that's consistent with a more positive emotion
- Affirmations and Inspiration (motivational statements, images, people)
- Something funny or light-hearted (funny movies, tv, books, blogs)

EMOTIONAL AWARENESS & MINDFULNESS



Emotional Awareness & Mindfulness includes:

- Exploring tools for identifying and expressing your emotions and body sensations, such as:
 - A list of emotions and body sensations
 - A journal, either freeform writing or with prompts
- Exploring tools for centering and grounding yourself in your present moment
- Yoga, breathing exercises, meditation, prayer
- Grounding objects, like the ones mentioned in the self-soothing
- Practicing deep breathing
- Giving meditation a try, such as
 - *Stop, Breathe, and Think and Headspace*
- If you are spiritual, get yourself to the gathering place (church, synagogue, community space). If you aren't, where do you feel most grounded and connected? Spend some time there!

PHYSICAL HEALTH



Physical Health includes:

- Eating healthy foods, take a cooking class or research bloggers to follow for inspiration
- Establishing a good healthy sleep/wake cycle
- Making sure to have some physical activity every day
- Eating dessert! Let yourself enjoy dessert if you want it

LIMIT SETTING



Limit Setting includes:

- Dropping some involvement
- Prioritizing important tasks
- Scheduling time for yourself
- Using assertive communication and set boundaries

CRISIS PLAN



Crisis Plan includes:

- Family and friends you can call
- Your therapist and/or psychiatrist
- Hotlines and 911