

COPING STRATEGIES:

Distraction

Absorb your mind in something else!

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 any underlying issues.

EXAMPLES

- Talk to someone
- Listen to music
 - Read
- Do a puzzle
- Play a game
- Make a list
- Clean & organize
 - Garden



COPING STRATEGIES:

Grounding

Get out of your head and tune into your body & your environment!

PROS

Helps to slow or stop 'dissociation' (feeling numb, floaty or disconnected), reduces physicality of anxiety.

CONS

Sometimes it's helpful to stay a bit dissociated (that's how your mind protects you).

EXAMPLES

- Tune into your senses
- Smell fragrance/oils
- Slowly taste food
- Notice colours around you
- Walk on the grass barefoot
- Squeeze clay or mud
- Practice yoga
- Meditate
- Exercise



COPING STRATEGIES: *Emotional Release*

Let it out!

PROS

Great for anger and fear, releases the pressure of overwhelming emotion.

CONS

Hard to do in every situation, feels off, some people might think you're acting "crazier."

EXAMPLES

- Yell, scream or run
- Let yourself cry
- Boxing/physical activity
- Watch a funny movie/show and laugh
 - Pop balloons
 - Blast music and dance
 - Take a cold shower



COPING STRATEGIES: *Thought Challenge*

Redirect your negative thoughts!

PROS

Can help to shift long-term negative thinking habits, trying to be more logical can help reduce emotion.

CONS

The more emotional you feel, the harder this is to do. In particular, feelings of shame can make this very hard.

EXAMPLES

- Write down negative thoughts then list all the reasons they may not be true.
- Imagine someone you love had these thoughts; what advice would you give to them?



COPING STRATEGIES:

Self Love

Take care of yourself!

PROS

Become your own best friend, your own support worker. Great for guilt or shame, you deserve it!

CONS

Sometimes can feel really hard to do, or feel superficial (but it's not).

EXAMPLES

- Get or give yourself a massage
- Get a manicure
- Cook a special meal
- Clean your house
- Take a bubble bath
- Buy yourself a small treat



COPING STRATEGIES:

Access a Higher Self

Connect with the world and others around you!

PROS

Reminds us that everyone has value and that purpose can be found in the small as well as large things.

CONS

Don't get stuck trying to save everyone else and forget about you!

EXAMPLES

- Offer help to someone else
 - Smile at a stranger
 - Volunteer
- Do random acts of kindness for others
 - Pray

