

# Coping Skills

## Distraction

Conversation, listen to talk radio, read, do puzzles, TV, computer games, jigsaws, solve a problem, make a list, learn something new, cleaning & tidying, gardening, arts & crafts.

### 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. Meds can make it hard to concentrate.

## Grounding

Use body & senses: smell fragrances, slowly taste food, notice the colours around you. Walk on the grass barefoot, squeeze clay or mud, do yoga, meditate, exercise.

### Pros

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

### Cons

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

## Emotional Release

Yell, scream, run! Try a cold shower. Let yourself cry... and sob. Put on a funny DVD and let yourself laugh! Try boxing, popping balloons, or crank up some music & dance crazy!

### Pros

Great for anger and fear.  
Releases the pressure of overwhelming emotion.

### Cons

Hard to do in every situation. Feels odd. Some people might think you're acting 'crazier' (be selective with how & where you do this)

## Self Love

Massage hands with nice cream, manicure your nails, cook a special meal, clean your house (or just make your bed), bubble bath or long shower, brush hair, buy a small treat.

### 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).

## Thought challenge

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 them?

### Pros

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

### Cons

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

## Access your higher self

Help someone else, smile at strangers (see how many smiles you get back), pray, volunteer, do randomly kind things for others, pat dogs at the local park, join a cause

### Pros

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

### Cons

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

**Distraction**

Absorb your mind in something else



Empty rounded rectangular box for notes related to Distraction.

**Grounding**

Get out of your head & into your body

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**Emotional Release**

Let it out!

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**Self Love**

Empty rounded rectangular box for notes related to Self Love.

**Thought challenge**

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**Access your higher self**

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