

# 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

