

Coping Styles

Distraction

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

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

Cons:
Cannot do it for too long.
Does not resolve underlying issues.

Grounding

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

Pros:
Reduces anxiety.
Helps slow or stop the feelings of being numb or disconnected.

Cons:
Sometimes it's better to stay a bit disconnected. (That is 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 and 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 may think you are acting "crazy".

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/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.
Being 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, pray, volunteer, do randomly kind things for others, pet or watch dogs as they play at the local park, join a cause.

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

Cons:
Do not get stuck trying to save everyone and forget **about you.**