

# Coping skills



## Distraction

Engage in a conversation, listen to radio, read, do puzzles, watch TV/Netflix, play games, clean & tidy your room/house, do gardening, do arts & crafts / DIY.

### Pros

Gives you 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. Can be difficult 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 physical symptoms of anxiety.

### Cons

Some situations require us to be dissociated, to protect ourselves (e.g. during a traumatic experience).



## Emotional release

Yell, scream, run, have a cold shower, let yourself cry, let yourself laugh, try boxing, popping balloons, or crank up some music & dance crazy!

### Pros

Emotional release is great for anger and fear; it releases the pressure of overwhelming emotions.

### Cons

Hard to do in every situation. Can feel odd. People might think you are crazy – have to be selective with, how & where.



## Self-love

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

### Pros

Become your own best friend. Become your own support. Take care of yourself. You deserve it!

### Cons

Sometimes can feel really hard to do, or feel superficial (even though it's not). It can take time to feel comfortable doing.



## Thought change

Write down negative thoughts and then list all the reasons why they are not 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 levels of emotions.

### 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), volunteer, do randomly kind things for others, join a cause, explore your spirituality/religion.

### Pros

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

### Cons

You have to take care of yourself first, before you can start helping others.