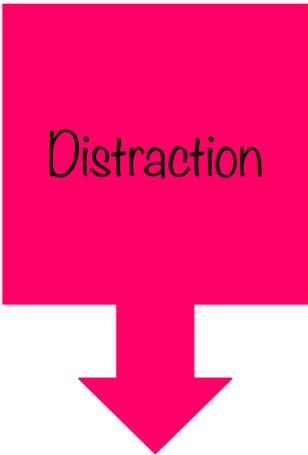


Coping skills



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.