

Types of Coping

Self-Soothing

(Comforting yourself through your five senses)

1. Something to touch (stress ball, putty)
2. Something to hear (music, meditation guides)
3. Something to See (snow globe, happy pictures)
4. Something to taste (mints, tea, sour candy)
5. Something to smell (lotion, candles, perfume)

Distraction

(Taking your mind off the problem for a while)

Examples:

Puzzles, books, artwork, crafts, knitting, sewing, crossword puzzles, Sudoku, positive websites, music, movies, going for a walk, running, playing an outside sport, going to the park

Opposite Action

(Doing something the opposite of your impulse that's consistent with a more positive emotion)

1. Affirmations and Inspiration (ex./ looking at or drawing motivational statements or images)
2. Something funny or cheering (ex./funny movies/TV/books)

Emotional Awareness

(Tools for identifying and expressing your feelings)

Examples:

A list or chart of emotions, a journal, writing supplies, drawing/art supplies

Mindfulness

(Tools for centering and grounding yourself in the present moment)

Examples:

Meditation or relaxation recordings, grounding objects (Like a rock or paperweight), yoga mat, breathing exercises

Crisis Plan

(Contact information of supports and resources, for when coping skills aren't enough)

Family/Friends
Therapist
Psychiatrist
Hotline
Crisis Team/ER
911