

# Coping Skills

<p><b>DISTRACTION</b></p>	<p>Conversation, listen to talk radio, read, do puzzles, TV, computer games, jigsaws, solve a problem, make a list, learn something new, cleaning &amp; tidying, gardening, arts &amp; crafts.</p>	<p><b>Pros</b></p> <p>Gives your heart &amp; mind a break.</p> <p>Great for short term relief.</p>	<p><b>Cons</b></p> <p>Can't do it for too long</p> <p>Doesn't resolve any underlying issues. Meds can make it harder to concentrate.</p>
<p><b>GROUNDING</b></p>	<p>Use body &amp; senses: smell fragrances, slowly taste food, notice the colors around you. Walk on the grass barefoot, squeeze clay or mud, do yoga, meditate, exercise.</p>	<p><b>Pros</b></p> <p>Helps slow or stop 'dissociation' (feeling numb, floaty or disconnected).</p> <p>Reduces physicality of anxiety.</p>	<p><b>Cons</b></p> <p>Sometimes it's better to stay a bit dissociated (that's how your mind protects you).</p>
<p><b>EMOTIONAL RELEASE</b></p>	<p>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 &amp; dance crazy!</p>	<p><b>Pros</b></p> <p>Great for anger and fear.</p> <p>Releases the pressure of overwhelming emotion.</p>	<p><b>Cons</b></p> <p>Hard to do in every situation.</p> <p>You have to be selective with how and where you do this.</p>
<p><b>SELF LOVE</b></p>	<p>Massage hands with a 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.</p>	<p><b>Pros</b></p> <p>Become your own best friend, your own support worker.</p> <p>Great for guilt or shame.</p>	<p><b>Cons</b></p> <p>Sometimes can feel really hard to do, or feel superficial, even though it's not.</p>
<p><b>THOUGHT CHALLENGE</b></p>	<p>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?</p>	<p><b>Pros</b></p> <p>Can help to shift long-term, negative thinking habits.</p> <p>Trying to be more logical can help reduce extreme emotion.</p>	<p><b>Cons</b></p> <p>The more emotional you feel, the harder this is to do.</p> <p>In particular, feelings of shame can make this very hard.</p>
<p><b>ACCESS YOUR HIGHER SELF</b></p>	<p>Help someone else, smile at a stranger (see how many smiles you get back), pray, volunteer, do randomly kind things for others, pat dogs at the local park, join a cause.</p>	<p><b>Pros</b></p> <p>Reminds us that everyone has value and that purpose can be found in small as well as large things.</p>	<p><b>Cons</b></p> <p>Don't get stuck trying to save everyone else and forget about you!</p>