



Coping Skills

Below are some options for general coping. Remember to incorporate other coping skills that you have used or have previously found to be helpful.

Self-Soothing Ideas

Breathing:

Take deep breaths from the diaphragm or stomach. Breathe in then, when you breathe out; very slowly release your breath out.

Exercise:

Change your focus, get your body moving

Music:

Use a relaxing or lively tune or music that inspires you. Consider dancing.

Relax your body:

Progressive muscle relaxation. Download guided relaxation. Take a bath or shower. Do yoga.



Comfort Item:

Hold onto or wrap yourself in something comforting – a blanket, jacket, scarf, stuffed animal –anything that helps you feel more comfortable.

Imagery:

Look at and direct your attention towards picture or photograph of a beautiful and calming scene (i.e., beach, mountains).

Visualization:

Visualize a place you love, either that you have been at, or that you enjoy imagining yourself to be there. Describe it paying attention to using all five senses (e.g., the beach: what it looks like, how the sand feels, what it sounds like: wind and waves, salt water smell).

Do Something Positive

Do One Positive Thing:

Do something positive for yourself or for someone else. Every day is an opportunity to do something to move you towards your goals or towards being more positive.

Socialize:

Call someone and talk about something pleasant, encourage them to talk about something pleasant, plan to do something pleasant...

Call someone and vent about what is bothering you – but keep it time-limited.

Entertain yourself:

Computer game, crossword, cards, jigsaw, cook, read books, magazines, do crafts, sudoku...

Above information from:

https://depts.washington.edu/uwhatc/PDF/TF-%20CBT/pages/cognitive_coping.html#