

Types of Coping Skills

Self-Soothing

Comforting yourself through your 5 senses.

Something to touch - stuffed animal, fidget
Something to see - pictures, nature scenes
Something to smell - lotion, candles

● Something to hear - music, meditation guides
● Something to taste - mints, gum, tea

Distraction

Taking your mind off of the problem for a while.

Examples: puzzles, books, art (drawing, painting, etc.), crafting, knitting, crocheting, sewing, crossword puzzles, sudoku, websites with words of affirmation, music, and movies

Opposite Action

Doing the opposite of your impulse that creates a positive emotion

Affirmations & Inspiration - looking at or drawing motivational statements or images

● Something funny that will cheer you up and/or make you smile - movie, tv show, book

Emotional Awareness

Tools for expressing and identifying feelings

Examples: writing out a list or chart of emotions, journaling, writing supplies, drawing and/or art supplies

Mindfulness

Centering & grounding yourself in the present

Examples: Meditation, relaxation recordings, grounding objects, coping tools, breathing exercises

Crisis Plan

Contact info of supports and resources for when coping skills aren't enough

Family/Friends ● Therapist ● Psychiatrist ● Crisis Team/ER ● 9-1-1