

HEALTHY COPING STRATEGIES

The following are useful ideas that might help get you through challenging situations.

Noticing Emotions and Sensations	Write your feelings down in a journal.	Name the emotion you are feeling.	Where do you feel the sensation in your body?
Challenging Thoughts	Is there evidence to support your view?	Could there be an alternative perspective?	What would I say to a friend going through this?
Grounding Techniques	Deep, slow breathing: In for 4 seconds, hold for 4 seconds, and out for 4 seconds.	Splash your face with cold water.	5 things you can see, 4 you can touch, 3 you can hear, 2 you can smell, 1 you can taste.
Do the Opposite	Feeling sad and want to stay in bed? – Go for a walk.	Feeling anxious and want to run from your thoughts? – Take a minute to observe them without judgment.	Fear of failure? – List all the reasons that you are capable.
Distraction	Sing a song that makes you feel happy or safe.	Name as many things as you can from a category of your choice.	Count backwards.
Reach Out	Meet with a friend or family member.	Join a club.	Help somebody.