

Coping Skills

Coping Skills or as I call them....

Getting Through Life Skills

Self-Soothing

(Comforting yourself through your five senses)

1. Something to touch
(ex: stuffed animal, stress ball)
2. Something to hear
(ex: music, meditation guides)
3. Something to see
(ex: snowglobe, happy pictures)
4. Something to taste
(ex: mints, tea, sour candy)
5. Something to smell
(ex: lotion, candles, perfume)

Distraction

(Taking your mind off the problem for a while)

Examples:

Puzzles, books, artwork, crafts, knitting, crocheting, sewing, crossword puzzles, sudoku, positive websites, music, movies, etc.

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 info of supports and resources, for when coping skills aren't enough.)

Family / Friends
Therapist
Psychiatrist
Hotline
Crisis Team / ER
911

Self Soothing/Self Care

Other Ideas

Use different senses.....

- Wear your favorite sweatshirt
- Take a walk in the grass with no shoes on
- Smell candles or flowers
- Find all the square or green objects in the room
- Observe and describe an object: color, texture, shadow, light, shape
- Get a massage
- Calming Bottles

Grounding Exercise

Look around and name:
5 Things you can **see**
4 Things you can **feel**
3 Things you can **hear**
2 Things you can **smell**
1 Thing you can **taste**

Distraction

Again this is anything that takes your mind off of the negative or stressful things for a bit.

What else can you do to distract your mind?



Opposite Action

Again this is where you do the opposite of what you are feeling or what you want to do.

If you are sad.....watch a funny movie or youtube video, look at funny memes, read a joke book

If you are feeling stressed or unmotivated.....look up inspirational quotes, exercise

Just DON'T Give Up..... Failing at something does not make you a failure

https://www.youtube.com/watch?v=_LftFj_evN0

Emotional Awareness

Anything that has to do with identifying and expressing your emotions.....

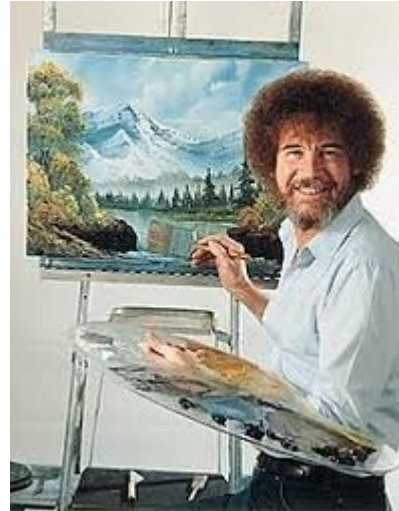
Journaling

Drawing

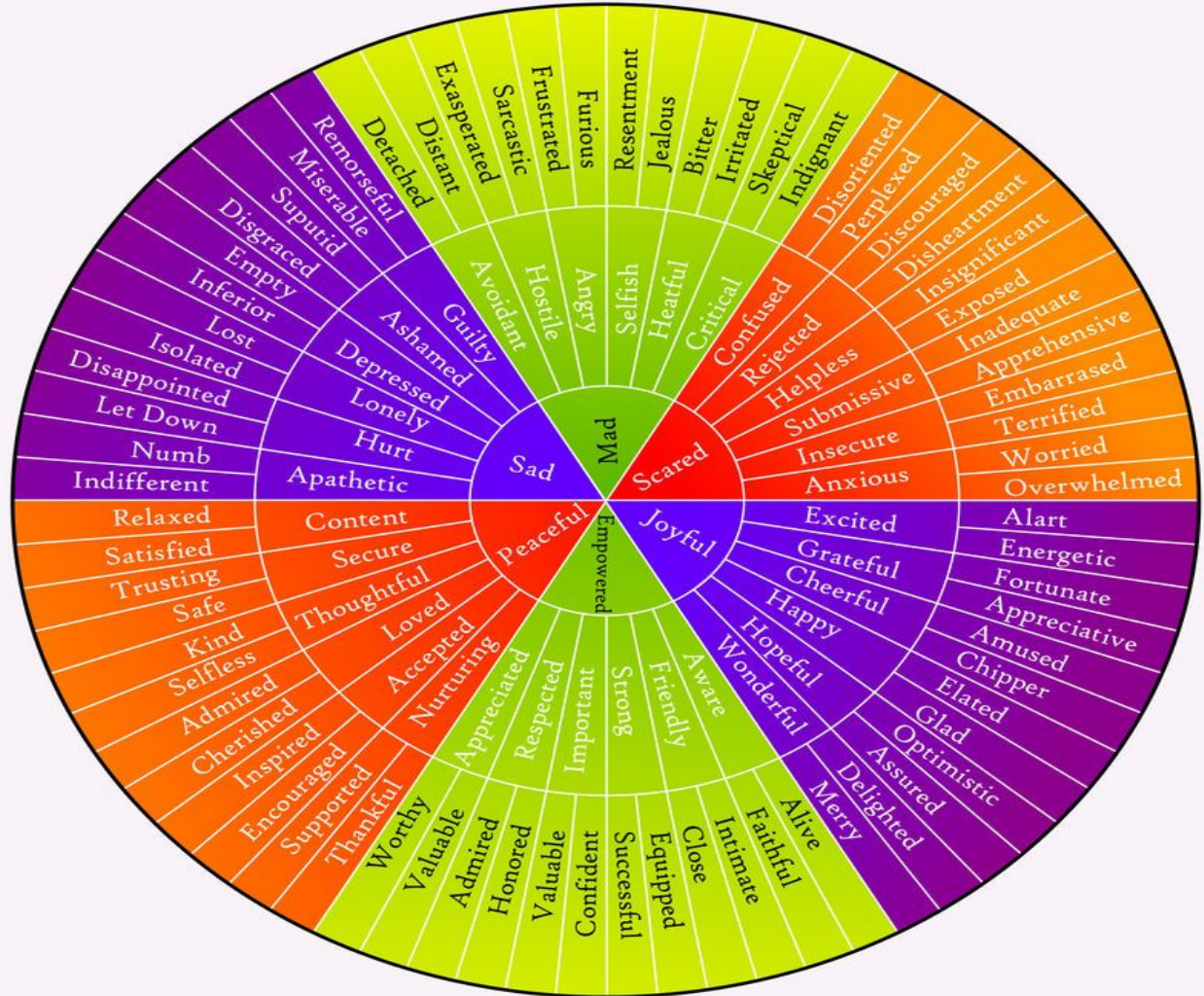
Painting

Poems

Creating Music



Identify Your Emotions



Mindfulness

Being Mindful really means being in the present. It means not dwelling on the past and not stressing/worrying about the future. You must focus on the here and now.

<https://counsellortalk.com/2015/10/31/abc-coping-skills-for-teens/>



Square Breathing

Square Breathing

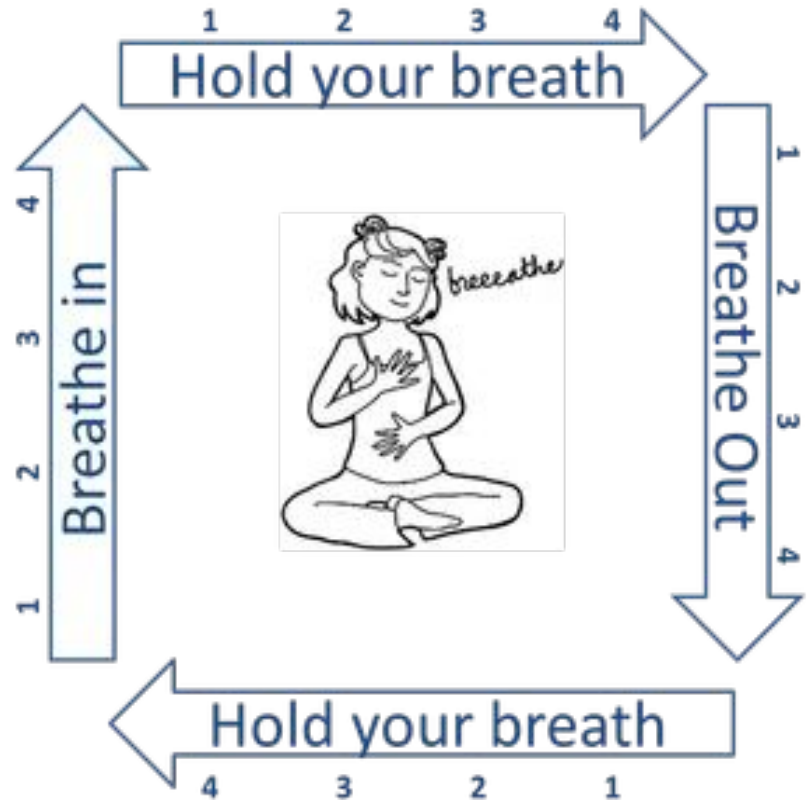
For Mindfulness & Relaxation

Step 1: Inhale for 4 counts

Step 2: Hold breath for 4 counts

Step 3: Exhale for 4 counts

Step 4: Repeat steps one through three 4 times



4-7-8 Breathing



Lay or sit with one hand on your chest and another on your belly.



Take a deep slow breath from your belly, counting to 4 as you breath in.



Hold your breath while mentally counting 1 to 7.



Release your breath completely and slowly, while silently counting from 1 to 8.



Repeat 3 to 7 times or until you feel calm.

NOYZE

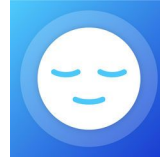
Crisis Plan

- Talk with a trusted adult (parent, friends parent, teacher, counselor, nurse, coach, etc)
- National Suicide Prevention Lifeline
1-800-273-TALK
www.suicidepreventionlifeline.org
- National Hopeline Network
1-800-SUICIDE
www.imalive.org
- Deaconess Cross Pointe
812-476-7200
- Samaritan Center
812-354-8785

There Is An App For That



What's Up?



MindShift



HEADSPACE®

Headspace



VirtualHopeBox



Breathe2Relax



Breethe



Calm



Happify

These are all free apps you can download that can help with breathing, distraction, meditation, etc