

Coping Skills

Skill	Examples	Pros	Cons
Distraction Absorb your mind in something else.	Conversation, reading, puzzles, TV, board games, learning something new, cleaning, arts and crafts.	Gives your heart and mind a break. Great short-term relief	Can't do it for too long. Doesn't resolve underlying issues.
Grounding Get out of your head and into your body and the world.	Use body and senses: smell fragrances, try new food, notice the colors around you, squeeze clay, do yoga, meditate, exercise.	Helps slow or stop dissociation. Reduces physicality of anxiety.	Sometimes it's better to stay a bit disassociated (that's how your mind protects you).
Emotional release Let it out!	Yell, scream, run! Try a cold shower, let yourself cry, crank up some music and dance.	Great for anger and fear. Releases the pressure of overwhelming emotion.	Hard to do in every situation. Feels odd.
Self love	Massage hands with lotion, self-manicure, cook your favorite meal, bubble bath, buy a small treat.	Become your own best friend and supporter. Great for guilt or shame. You deserve it.	Sometimes this can feel really hard to do. Feels superficial (but it's not).
Thought challenge	Write down negative thoughts then list all the reasons they may not be true. Imagine someone you love having these thoughts – what advice would you give them?	Can help shift long-term negative thinking habits. Trying to be more logical can help reduce extreme emotion.	The more emotional you feel, the harder this is to do. Shame or guilt can make this very hard.