

COPING TECHNIQUES

Comforting:

- Soothing music
- Soothing drinks
- Comfy clothes
- Have a bath
- Comforting object

Relaxation:

- Tense and relax muscles in sequence
- Visualise a happy place or memory
- Sit quietly in a calm place
- Yoga
- Chanting

Breathing:

- Breathe a little slower and more deeply (breathe through your nose for 4 and out of your mouth for 8)
- Square breathing – Breathe in for 4, hold for 4, out for 4, hold for 4 and repeat until relaxed.

Distraction:

- Exercise
- Hobbies (puzzles, adult colouring books, reading etc)
- Tidying/ cleaning
- Make a drink and drink it
- Call a friend
- Go somewhere else

Positive emotions:

- Look through old letters/photos
- Write a positive letter to yourself to read when you are stressed
- Listen to music or watch a comedy movie
- Emergency bundle of helpful things
- List your strengths and what you (and others) like about you, and what is going well in your life
- Challenge negative thoughts
- Ask yourself, what you would say to a friend in your position?

Alternative actions:

- Ping a rubber band
- Squeeze or chew an ice cube
- Squeeze a rubber ball
- Hot/cold shower
- Loud music
- Punch or scream into a cushion
- Tell someone how you feel

Self-care:

- Healthy foods
- Drink plenty of water
- Get enough sleep
- Exercise
- Socialise
- Do something you enjoy

Remember

- You can't help others if you don't look after yourself, nor is it selfish to do so.
- Looking after yourself and giving yourself a break means you will be able to do everything else more easily.