

7 TYPES OF COPING SKILLS

Coping Skills Help Us Get Through Difficult Time That Can Give Us An Important Break For Mental/Emotional Distress And Time They Are Literally Life Saving We All Cope In Different Ways Here Are Just Some Of The Many Ways

Distraction	Grounding Mindfulness	Emotional Awareness & Release	Self Love & Soothing	Opposite Action	Challenging Thought & Assumption	Crisis Plan
Taking You'r Mind Of The Problems	Sensating Yourself In The Movement	Identifying & Expressing Emotions	Comforting & Showing Love For Self	Doing The Opposite Of Impulses	Challenging Negative Thinking	Using A Plan To Get Through Crisis
Puzzle Book Craft Socializing Crossword Reading Moving Music	Meditation Breathing Yoga Stretching Music Shower Relaxing Stretch	Journaling Reflection Talking Socializing Writing Drawing Music Singing	Massage Self-Care Compassion Bubble Bath Comfort Food Naps Empathy	Play Happy Music When Feeling Sad Take A Break When Impulsive Sleep A Night When Feeling Angry	Challenging The Validity Of Assumption Challenging Negative Thinking Giving Yourself Competition	Reaching Safe People Reaching Crisis Lines Numbers Accessing resources
Use Distraction When Your Heart's Not Ready To Break	Use Grounding When You're Feeling Anxious & Overwhelmed	Express Emotion That You Need To Get Back	Use When You Feel You're Being Hard On Yourself	Use When You Feel Like Doing Something Unhelpful	Use When Negative Thought Are Overwhelming	Use Any Time You're Afraid For You Or Someone

Coping With Crobdrebing

S Ashworth



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