

15 COPING SKILLS TO LEARN AND USE EACH DAY

06



Talk to someone about how you are feeling.

07



Write down your ~~thoughts~~ and feelings in a diary

08



Take regularly breaks throughout the day

09



Practice some self care

10



Build your mental health support network

05



Try to regularly exercise

04



Challenge negative thoughts with a thought diary

03



Try some deep breathing for 5-10 minutes each day

02



Have a go at some progressive muscle relaxation. It is a great way to de stress

01



Identify thinking errors in negative thoughts

11



If you are stressed try using some problem solving

12



Use all your senses and try to engage with what you are doing

13



Try and stay in the present moment

14



Each night write down 3 good things you have achieved in the day

15



Engage in some behavioural experiments to test out the validity of thoughts



 @BELIEVEPHQ

Coping With Deprebion

William J. Knaus,Albert Ellis



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put simply the four quadrants that the controller can work in are 1 motor going clockwise controller applying clockwise drive 2 motor going anti clockwise controller applying anti clockwise drive 3 motor going clockwise controller applying anti clockwise drive 4 motor going anti clockwise controller applying clockwise drive

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