

# COPING STRATEGIES

**Recognize and acknowledge emotions**- Most important coping skill. Give yourself permission to feel

- “What am I feeling?” Anger, Sadness, Fear, Shame, Joy (5 core emotions)

**Build Safety**- Our nervous system needs safety and connection to heal

- Establish a routine to have predictability
  - Schedule sleep times, meals, activities, relaxation-plan your day ahead
- Connect!
  - **People**- call, text, video chat, social media groups/**Pets**-they help regulate the nervous system/**Nature**- take a walk, garden, go outside/**Higher Power**-pray, virtual services

**Be aware of your physical sensations**- Notice when your body is responding to the absence of danger

- Body Scan- <https://www.youtube.com/watch?v=QS2yDmWk0vs>

**Breathe/Move**- To help manage anxiety/fear

- Inhale (1,2,3,4), hold (1), exhale (1,2,3,4) <https://www.youtube.com/watch?v=Wemm-i6Xhr8>
- Breathing does not work for everyone. When breathing does not work, move!

**Exercise** -(30-45 min, 3-4x/week) to get out of “shut down” and release energy from “fight/flight”

**Radical acceptance**- Accepting and embracing things as they are to help us move forward and find solutions ( <https://www.youtube.com/watch?v=V8oFemGi5EY>)- “I can only control the present moment.”

**Gratitude**- Make a daily list of things you are grateful for. This is a natural antidepressant.

**Self-talk**- Guide yourself through difficult moments. Be your own cheerleader!

- Affirmations: “I can do this,” “I can handle it,” “I am good enough,” “I am safe now,”

**Self-compassion**- Be kind to yourself. What would you say to someone you love?

**Stay in the present**- Where are you right now? What is happening right now? Am I safe now?

- 5 senses grounding: 5 things you see, 4 things you touch, 3 things you hear, 2 things you smell, taste in your mouth

**Thoughts (CBT)**- Manage emotions by changing negative or irrational thoughts. Look at the bright side!

- Catch it- What negative things are you thinking about yourself or the situation?
- Check it- Is the thought true? Is it 100% true?
- Change it- What is the reality? Positive side of things?

**Reach out**-Ask for help! We cannot do it alone. We are here to connect. Ask for what you need.

- If you are experiencing a crisis call, please call [\(602\) 222-9444](tel:6022229444).
- Behavioral health agencies are currently offering appointments via phone or telehealth.