Healthy Stress Coping Skills

Look over these safe coping skills and find ones that work for you.

Listen to your wise mind – Find the place and time to connect with your inner wisdom, the answers are there.

List your options – In every situation, you have choices.

Choose self-respect - Choose whatever will make you like yourself tomorrow.

Compassion – Treat yourself with respect, acceptance and gentleness.

Positive self-talk helps in difficult times – Talk to yourself with compassion and acceptance.

Use your imagination – Think of things that help you to feel better.

Be creative – Write, paint, sculpt, sing, dance.

Distract yourself – watch a funny show, read a book, admire the beauty of a sunset, listen to calming music.

Be nice to yourself – In difficult times it is important to take care of yourself: enjoy a bath, do some yoga, connect with a friend.

Spend time with animals or in nature – Engage the hobbies and interests that help you feel better, gain perspective and deal with things better.

Remind yourself that it will pass – Difficult feelings will fade in time.

Take good care of yourself – Eat right, sleep, exercise, practice safe sex, use safely.

Do the best you can with what you have – Make the most of available options.

Find meaning – Remind yourself of things that are important to you and what you are living for.

Ask for help – Reach out to someone safe.

Inspire yourself – Carry something positive around with you like a poem or picture.

Remember the past – Remind yourself of better times and that you can be there again.

Leave a bad scene – When things go wrong, leave the scene.

Be persistence – Never, never, never, never, never, never, never, never, ever give up.

Honesty – Secrets and lying are often at the core of problems. Be honest with someone safe. Honesty heals.

Cry – Let yourself cry.

It will pass – remind yourself that this hardship and these difficult feelings will, in time, pass.

Set a boundary – Protect yourself by saying "no".

Watch the clock - When things are really bad, clock watching can work, believe it or not. Split the day into 15 minute segments. Get through one 15 minute segment without anything bad happening or anything going wrong, then you can get through the next and so on.

Daydream a little - Using your imagination can work wonders. Get a cold glass of orange juice with a straw in it, lie on the sofa with the room fan on, close your eyes, and you can instantly be on a beach in the Maldives!! Give it a try!

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