

TYPES OF COPING SKILLS

Self-Soothing

(Comforting yourself through your five senses)

1. Something to touch
(ex: stuffed animal, stress ball)
2. Something to hear
(ex: music, meditation guides)
3. Something to see
(ex: snowglobe, happy pictures)
4. Something to taste
(ex: mints, tea, sour candy)
5. Something to smell
(ex: lotion, candles, perfume)

Distraction

(Taking your mind off the problem for a while)

Examples:

Puzzles, books, artwork, crafts, knitting, crocheting, sewing, crossword puzzles, sudoku, positive websites, music, movies, etc.

Opposite Action

(Doing something the opposite of your impulse that's consistent with a more positive emotion)

1. **Affirmations and Inspiration**
(ex: looking at or drawing motivational statements or images)
2. **Something funny or cheering**
(ex: funny movies / TV / books)

Emotional Awareness

(Tools for identifying and expressing your feelings)

Examples:

A list or chart of emotions, a journal, writing supplies, drawing / art supplies

Mindfulness

(Tools for centering and grounding yourself in the present moment)

Examples:

Meditation or relaxation recordings, grounding objects (like a rock or paperweight), yoga mat, breathing exercises.

Crisis Plan

(Contact info of supports and resources, for when coping skills aren't enough.)

Family / Friends
Therapist
Psychiatrist
Hotline
Crisis Team / ER
911

50 Distraction Techniques For People With Depression

Joseph Yankura



50 Distraction Techniques For People With Depression:

Eventually, you will agreed discover a additional experience and completion by spending more cash. yet when? pull off you acknowledge that you require to get those all needs afterward having significantly cash? Why dont you try to get something basic in the beginning? Thats something that will guide you to comprehend even more just about the globe, experience, some places, once history, amusement, and a lot more?

It is your agreed own get older to be in reviewing habit. among guides you could enjoy now is **50 Distraction Techniques For People With Depression** below.

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