

# 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

**EW Minium**



## **50 Distraction Techniques For People With Depression:**

## Enjoying the Tune of Expression: An Psychological Symphony within **50 Distraction Techniques For People With Depression**

In a global eaten by screens and the ceaseless chatter of immediate conversation, the melodic splendor and psychological symphony created by the prepared word usually disappear into the backdrop, eclipsed by the persistent noise and interruptions that permeate our lives. But, nestled within the pages of **50 Distraction Techniques For People With Depression** an enchanting literary value overflowing with natural thoughts, lies an immersive symphony waiting to be embraced. Crafted by an elegant composer of language, that fascinating masterpiece conducts visitors on an emotional journey, well unraveling the hidden songs and profound influence resonating within each carefully constructed phrase. Within the depths of the moving review, we will explore the book is central harmonies, analyze their enthralling publishing style, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

<https://kmsbrunchlive.gobrunch.com/data/publication/HomePages/4%20Jeep%20Grand%20Cherokee%20Overland%20Service%20Manual.pdf>

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