

# 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

**SA Adler**



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

## Unveiling the Magic of Words: A Overview of "**50 Distraction Techniques For People With Depression**"

In a global defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their ability to kindle emotions, provoke contemplation, and ignite transformative change is actually awe-inspiring. Enter the realm of "**50 Distraction Techniques For People With Depression**," a mesmerizing literary masterpiece penned by way of a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve in to the book is central themes, examine its distinctive writing style, and assess its profound impact on the souls of its readers.

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