

TRAUMA COPING SKILLS

Coping skills are things we can do to help us better manage trauma symptoms. They help us calm our brain and body, think more clearly, and develop inner strength to overcome past trauma.



Develop Resilience



- Set, and work toward goals
- Focus on your strengths, improve upon your weaknesses
- Discover your purpose/passion
- Practice flexibility, go with the flow, let things go, don't let things get to you
- Practice optimism, think about what you can learn from every difficulty
- Use problem solving skills



Relaxation Skills



- Practice deep belly breathing with long out breaths, or use an online breath pacer
- Use a relaxation app
- Tense and relax your muscles
- Visualize a peaceful place
- Self-massage neck/shoulders
- Take a nap, or warm bath/shower
- Stretching/yoga/Tai Chi/Qi Gong



Emotional /Physical Release

- Do pushups, wall sits, or planks until you're tired
- Take a cold shower
- Squeeze ice
- Yell into a pillow, let yourself cry
- Dance, laugh, run, use a punching bag
- Rip up old newspaper/cardboard



Shift Your Mindset/Thoughts

- Understand your trauma symptoms
- Understand your triggers to distressing emotions
- Notice, and challenge negative/unhelpful thoughts
- Encourage/coach yourself through difficult moments
- Think of 3 things you are grateful for each day
- Adopt a growth mindset



Health Habits/Self-Care

- Practice Self-Compassion
- Get good sleep
- Good diet/nutrition
- Exercise regularly
- Make a self-care box
- Daily hygiene routine
- Drink plenty of water
- Reduce caffeine consumption
- Get out in nature
- Avoid drugs or alcohol



Mindful Isolation /Distraction

- Remove yourself from triggering interactions or places
- Creative outlets such as writing, art, music, building, hobbies
- Watch TV/movie/read a book
- Color, puzzles, word search
- Play with a pet

Grounding Skills



- Practice Mindfulness
- Look: Name 5 things you see
- Feel: Name 4 things you touch
- Listen: Name 3 things you hear
- Smell: Name 2 things you smell
- Taste: Name 1 thing you like to taste



Ask For Help Or Support

- Talk with supportive friends, family, or teachers
- Talk to a therapist/counselor
- Connect with a trauma support group
- Talk to your doctor if you feel medication might be helpful

Coping With Post Trauma Stress

Zhe Xu



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