

# 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

**Thomas Griffiths**



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