

# Coping Skills

**When you are in distress, often you do not have access to some of your coping skills. For that reason, I suggest you identify 3 what I call “IN THE TRENCHES” coping skills. These are coping skills you can use anytime/anywhere. Suggested are the following:**

- Deep breathing (Take a deep diaphragm breath in and let it out)
- Controlled breathing (Take a deep breath and let it out slowly in increments)
- Counting to 10 forward and/or backward
- Visualizing your “happy place”
- Meditate and/or Pray
- Take a “Time Out”
- Run in Place
- Recite an inspirational word (Example: “empowered”) or recite a favorite quote, or inspirational scripture, etc.

**When you do have access to coping skills, consider the following:**

- ◆ Music
- ◆ Journaling, writing, poetry
- ◆ TV and/or movie
- ◆ Utilizing your support system
- ◆ Computer game
- ◆ Any form of exercise or movement
- ◆ Learn or develop a Hobby or specific interest (See Fun Activities Catalogue for suggestions)
- ◆ Relaxing bath or shower
- ◆ Lighting a candle
- ◆ Practice laughing, find the joke of the day, and/or watch a comedian
- ◆ Spend time with your pet
- ◆ Join a community event
- ◆ Volunteer
- ◆ Cooking/baking
- ◆ Identify and review a list of your positive affirmations
- ◆ Actively pursue your faith (attend, meditate, pray, volunteer, etc.)
- ◆ Learn a new fact of information and/or attend a class

**\*Other suggestions can be found on the link for the Fun Activities Catalogue**