



Positive Coping Techniques

There are nearly infinite ways to cope with the stressors related to life. We should all use the skills and techniques that suit our unique personalities and needs. What works for one individual, may not work for another individual. Find what works for you!

Avoid negative coping skills such as drug and alcohol use, smoking, gambling, overworking, overeating, and isolation.

The list below will give you some ideas and techniques to try out. Be open-minded, try new things, and see what works for you.

Diversions- quick ways to distract yourself from intruding thoughts

- Write, draw, paint, photography
- Play an instrument, sing, dance, act
- Take a shower or a bath
- Garden
- Take a walk, or go for a drive
- Watch television or a movie
- Play a game
- Go shopping
- Clean or organize your environment
- Read
- Take a break or vacation
- Deep breathing
- Aromatherapy

Social/Interpersonal Coping- "Your circle matters!"

- Identify support (therapist, group of friends, church community, etc.)
- Spend time with friends and/or family
- Care for or play with a pet
- Interact with positive and like-minded people

Cognitive Coping- Ways to remove the clutter in your mind

- Make a gratitude list
- Brainstorm solutions

- Keep an inspirational quote with you
- Write a list of goals
- Act opposite of negative feelings
- Write a list of pros and cons for decisions
- Write a list of strengths

Tension Releasers- Release and relax

- Exercise or play sports
- Engage in catharsis (yelling in the bathroom, punching a punching bag)
- Cry
- Laugh
- Massage

Physical- Your body has needs

- Get enough sleep
- Eat healthy foods
- Get into a good routine
- Limit caffeine
- Practice deep/slow breathing
- Exercise regularly

Spiritual- Allow your spirituality to be incorporated in your healing

- Pray and meditate
- Fast
- Read and study the Bible
- Attend spiritual workshops
- Connect with nature
- Get involved in a worthy cause
- Identify your spiritual calling
- Utilizing spiritual shows, videos, radio, etc.
- Connect with a spiritual leader for support
- Identify/create spiritual support groups

Limit-Setting- Set boundaries

- Decrease/eliminate involvement when overwhelmed
- Prioritize important tasks
- Say "No"
- Schedule time for yourself