

Positive Coping Skills

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Benefits of Coping Skills

- Manage Stress
- Feel better physically and psychologically
- Tolerate and minimize stressful situations

Unhealthy Coping Skills

- Drinking alcohol/drugs
 - Overeating
- Too much sleep
- Overspending
- Negative venting
- Avoidance

Sources

verywellmind.com

Different Styles of Coping Skills

Emotion Focused

- ✓ helpful taking care of feelings
- ✓ Beneficial when things feel out of your control

Possible Skills to Use

- ✓ Exercise
- ✓ Take a bath
- ✓ Meditate
- ✓ Give self a pep talk
 - ✓ Color
- ✓ Listen to music

Problem Focused

- ✓ Need to change situation
- ✓ Removing stressful people/things from life

Possible Skills to Use

- ✓ Time management
- ✓ Asking for support
- ✓ Establish healthy boundaries
- ✓ Create a to-do list
- ✓ Walk away

Additional Coping Styles and 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