



Six Common Coping Mechanisms



Distraction

- Do a puzzle
- Read a book
- Try crafting
- See a friend
- Move your body
- Listen to music



Mindfulness

- Meditate
- Deep breaths
- Practice yoga
- Engage 5 senses
- Take a shower
- Spend time outside



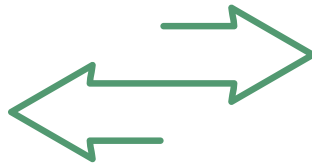
Emotional Awareness

- Write in a journal
- Talk it out
- Write a story
- Practice art
- Sing a song



Self-Soothing

- Practice self-care
- Take a nap
- Watch a comfort show or video
- Play with a pet
- Get a massage



Opposite Action

- Socialize when you want to isolate
- Face something that is scaring you
- Be kind when mad



Crisis Plan

- Coping skills that work when in crisis
- Names & numbers of support system
- Therapist & psychiatrist info