

## Coping Strategies - Blank

<b>Grounding</b>	<b>Self-Soothing</b>	<b>Distraction</b>
<p><i>Grounding strategies bring you out of the past or future, and into the present moment. You can get into the “right here right now” by observing your surrounding environment and your inner and outer world of feelings and sensations.</i></p>	<p><i>Self-soothing strategies are calming and soothing to your physical body, which has a calming and soothing affect on your mind.</i></p>	<p><i>This strategy is used to distract from present sensations and emotions, allowing uncomfortable feelings to naturally subside by the passing of time.</i></p>