

Coping Strategies - Examples

Grounding	Self-Soothing	Distraction
<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>
<p>Some examples include:</p> <ul style="list-style-type: none"> • Focusing on your breath • Deep breathing • Practicing mindfulness- e.g. mindful walking • Practicing meditation • Progressive Muscle Relaxation • Petting a pet 	<p>Some examples include:</p> <ul style="list-style-type: none"> • Having a hot bath or shower • Stretching • Eating something comforting and enjoying a balanced diet • Drinking tea or water • Wrapping yourself in a blanket • Getting plenty of rest • Progressive Muscle Relaxation 	<p>Some examples include:</p> <ul style="list-style-type: none"> • Watching a movie or TV show • Watching YouTube videos • Playing video or phone games • Reading a book • Check out some good news stories at goodnewsnetwork.org • Engaging in a hobby new or old • Exercising- e.g. search YouTube or check-out www.doyogawithme.com • Colouring • Cooking • Learn a new language using the Duolingo app • Take an online course to learn about something new- e.g. there are hundreds of free online courses available on coursera.org and noexcuselist.com) • Spending time with others you find distracting