When we are STRESSED we find ways to cope

Sometimes we cope with a problem behavior. Looking at the PROS & CONS of our coping behaviors, we can decide if we want to change the way we cope.

Doing Not Doing Problem Problem Behavior Behavior (Giving in) (Healthy Coping) What do I like What do I like about coping about with skills? doing it? (long term (instant relief) benefits) What don't I What don't I like about like about coping with doing it? (long term (instant effects)

If we decide to do something different we can use these three sets of skills:

If you are in Crisis and can't think straight, or your body is distressed-TIP your body chemistry!



emperature

Face in ice water Cold/hot shower



ntense Exercise

Running/walking fast Expend your energy

Progressive

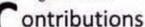
Muscle Relaxation

Tense each muscle for 10 seconds, then release each muscle for 15 seconds

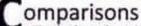
When you need to distract from people, events or feelings that are difficult to handle remember ACCEPTS When you need to make yourself feel better to prevent problem behaviors, self-soothe with your senses When you can't escape a situation but want to make it easier to deal with, IMPROVE the moment

Activities Do something

Do something else: work on a hobby, go for a walk



Do something for someone else: compliment someone, do something nice



Think about how it's better: than other situations, a time you felt worse

motions

Do something that feels different: watch a movie, listen to music

Push Away

Put the problem away: focus on something else, yell NO! to the problem

houghts

Distract your thoughts: count, sing a song

Sensations

Feel something else: Hold ice, squeeze a ball



Vision

Look at something pretty Watch something on TV People watch Window shop

Hearing

Listen to soothing music Pay attention to sounds Sing your favorite song Play an instrument

Smell

Use a favorite soap Burn a scented candle Make popcorn Smell roses

Taste

Chew your favorite gum Eat a favorite food Eat mindfully Drink hot chocolate

Touch

Take a hot bath Pet your dog or cat Hug someone Put on a comfy shirt magery Imagine a safe place Imagine life is going well

Meaning

Find a reason for it Focus on the positive Think of how you'll be better

Imagine a relaxing place

D rayer

Ask for strength Turn it over to a higher power Ask your wise mind for help

elaxing

Listen to a relaxation tape Massage your neck Practice yoga

ne thing at a time

Be mindfull
Focus attention on one thing
Breathe!

acation

Take a break Get in bed for 5 minutes Take a breather from work

ncouragement

Cheerlead yourself "It will get better!"