



Coping Skills

<p>Distraction</p>	<p>Conversation, listen to talk radio, read, do puzzles, TV, computer games, jigsaws, solve a problem, make a list, learn something new, cleaning & tidying, gardening, arts & crafts.</p>	<p>Pros</p> <p>Gives your heart & mind a break. Great for short term relief. Great to get through a crisis.</p>	<p>Cons</p> <p>Can't do it for too long. Doesn't resolve any underlying issues. Meds can make it hard to concentrate.</p>
<p>Grounding</p>	<p>Use body & senses: smell fragrances, slowly taste food, notice the colours around you. Walk on the grass barefoot, squeeze clay or mud, do yoga, meditate, exercise.</p>	<p>Pros</p> <p>Helps slow or stop 'dissociation' (feeling numb, floaty or disconnected). Reduces physicality of anxiety.</p>	<p>Cons</p> <p>Sometimes it's better to stay a bit dissociated (that's how your mind protects you).</p>
<p>Emotional Release</p>	<p>Yell, scream, run! Try a cold shower. Let yourself cry... and sob. Put on a funny DVD and let yourself laugh! Try boxing, popping balloons, or crank up some music & dance crazy!</p>	<p>Pros</p> <p>Great for anger and fear. Releases the pressure of overwhelming emotion.</p>	<p>Cons</p> <p>Hard to do in every situation. Feels odd. Some people might think you're acting 'crazier' (be selective with how & where you do this)</p>
<p>Self Love</p>	<p>Massage hands with nice cream, manicure your nails, cook a special meal, clean your house (or just make your bed), bubble bath or long shower, brush hair, buy a small treat.</p>	<p>Pros</p> <p>Become your own best friend, your own support worker. Great for guilt or shame. You deserve it!</p>	<p>Cons</p> <p>Sometimes can feel really hard to do, or feel superficial (but it's not).</p>
<p>Thought challenge</p>	<p>Write down negative thoughts then list all the reasons they may not be true. Imagine someone you love had these thoughts – what advice would you give them?</p>	<p>Pros</p> <p>Can help to shift long-term, negative thinking habits. Trying to be more logical can help reduce extreme emotion.</p>	<p>Cons</p> <p>The more emotional you feel, the harder this is to do. In particular, feelings of shame can make this very hard.</p>
<p>Access your higher self</p>	<p>Help someone else, smile at strangers (see how many smiles you get back), pray, volunteer, do randomly kind things for others, pat dogs at the local park, join a cause</p>	<p>Pros</p> <p>Reminds us that everyone has value and that purpose can be found in small as well as large things.</p>	<p>Cons</p> <p>Don't get stuck trying to save everyone else and forget about you!</p>



Treasure Coast Hospice
A TREASURE HEALTH SERVICE

Community Sponsors:



Learn more about Treasure Coast Hospice Grief Support

772-403-4530 | griefinfo@treasurehealth.org | www.TreasureHealth.org