

## Coping Skills

Coping skills are things we can do to help us overcome triggers and stressors.  
The activities listed below are some ideas for you to try out:

### Take Care of Yourself *(see your daily tracker sheet)*

- Early to bed, early to rise
- Practice gratitude
- Drink water (at least 8 glasses a day)
- Listen to classical music
- Healthy breakfast (add ground flax seed)
- Reduce sugar & caffeine
- Reduce screen time (1hr a day)
- Spend time with others
- Spiritual exercise
- Time out/ Rest
- Intermittent fasting
- Muscle relaxation

### Do Things You Enjoy

- Color or draw
- Talk with someone you trust
- Get adequate sunlight
- Relaxing massage / bath
- Go outdoors
- Laugh
- Time with pets
- Play a game
- Gardening
- Cooking
- Do a puzzle

### Change your thoughts by using different parts of your brain

- Learn something new
- Practice reframing
- Set a goal and prioritize
- Organize / make a schedule
- Play an instrument
- Use a power tool (e.g. blender, saw, etc.)
- Read and write
- Sing

### Keep A Positive Attitude

- Make a list of things you like
- Focus on what you can control
- Meditate / Prayer
- Positive self-talk
- Reframing
- Help someone
- Grounding
- Deep Breathing

### Exercise

- Go for a walk
- Ride a bike
- Cardio
- Weight lifting

“Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy—meditate on these things.”

*Philippians 4:8*