









## Grounding & Coping Skills

 <p><b>Distraction</b></p>	<p>Conversation, listen to talk radio, read, do puzzles, TV, computer games, jigsaws, solve a problem, make a list, learn something new, cleaning &amp; tidying, gardening, arts &amp; crafts</p>	<p><b>Pros</b>  <b>Gives your heart and mind a break.</b>  <b>Great for short-term relief</b>  <b>Great to get through a crisis</b></p>	<p><b>Cons</b>          Can't do it for too long          Doesn't resolve any underlying issues. Meds can make it hard to concentrate</p>
 <p><b>Grounding</b></p>	<p>Use body &amp; senses; smell fragrances, slowly taste food, notice the colors around you. Walk on the grass barefoot, squeeze clay or mud, do yoga, meditate, exercise</p>	<p><b>Pros</b>  <b>Helps slow or stop 'dissociation' (feeling numb, floaty or disconnected).</b>  <b>Reduces physicality of anxiety</b></p>	<p><b>Cons</b>          Sometimes it's better to stay a bit dissociated (that's how your mind protects you).</p>
 <p><b>Emotional Release</b></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 &amp; dance crazy!</p>	<p><b>Pros</b>  <b>Great for anger and fear</b>  <b>Releases the pressure of overwhelming emotion.</b></p>	<p><b>Cons</b>          Hard to do in every situation. Feels odd. Some people might think you're acting 'crazier'.  <small>(be selective with how &amp; where you do this)</small></p>
 <p><b>Self Love</b></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><b>Pros</b>  <b>Become your own best friend, your own support worker.</b>  <b>Great for guilt or shame</b>  <b>You deserve it!</b></p>	<p><b>Cons</b>          Sometimes can feel really hard to do, or feel superficial (but it's not!).</p>
 <p><b>Thought challenge</b></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><b>Pros</b>  <b>Can help to shift long-term, negative thinking habits</b>  <b>Trying to be more logical can help reduce extreme emotion.</b></p>	<p><b>Cons</b>          The more emotional you feel, the harder this is to do. In particular, feelings of shame can make this very hard</p>
 <p><b>Access your higher self</b></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><b>Pros</b>  <b>Reminds us that everyone has value and that purpose can be found in small as well as large things.</b></p>	<p><b>Cons</b>          Don't get stuck trying to save everyone else and forget about you!</p>