

## Coping Alternatives

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Here are some more suggestions to deal with your emotions and stress, rather than turning to unhelpful behaviours

Use the ideas below, and your own ideas, to make a coping bank.

Write in your journal

Listen to your favorite music

Watch a sunset

Color in a coloring book

Play your favorite instrument

Tell one person how you feel

Have a water balloon fight

Paint a picture

Go to the pet store

Take a long hot bath

Go berry picking

Hug someone

Take a long drive

Pack up some clothes for charity

Go to a concert

Take a leisurely walk

Rent your favorite movie

Take a trip to the toy store

Go to a movie by yourself

Call an old friend

Doodle or paint

x Build with blocks. Build a tower and knock it down

Read a book

Take a vacation

Take a nap

Count loose change

Throw nerf balls, koosh balls or bean-bags at a wall (available at most toy stores)

Remind Yourself "I will be ok" or "This feeling won't last forever"

Take a deep breath, count to 10

Go to a favourite "safe" location (beach, park, woods, playground, etc.)

Think of advice you'd give someone else... and take it!

Punch a pillow  
Do gardening or housecleaning  
Play your favorite game as a child  
Spend time with a sibling  
Stay in touch with others through contact - don't isolate yourself

## **Grounding Methods**

Ideas for when you feel out of control, are having a flashback and/or need grounding..

Remind yourself "I'm going to be ok."  
Plant your feet firmly on the ground  
Count up 1 to 10 then back 10 to 1  
Say out loud things you see and smell  
Touch the wall, the floor and objects close to you  
Call someone on the phone  
Walk around and watch your own feet - listen to the sound  
Listen to yourself breathe - Do deep breathing  
Listen to music and count the beats  
Don't be afraid to ask for help  
Hug someone safe  
Hold someone's hand (someone safe)  
Tear up paper, throw ice, chew ice chips  
Visualize the memory as an object and put it "away" (for example, the memory is a blue rubber ball and you put it in a toybox)  
Focus on details... leaves on trees, blades of grass, fibers in carpet  
Hold a stuffed animal  
Fight the voices - change the negatives to positives  
Play an instrument  
Gently wash your face, hands or hair  
Do gardening, shovel snow or mow the lawn  
Color in a coloring book  
Rock in a rocking chair  
Touch a familiar object that you carry with you (keys, a necklace) or listen to your watch ticking  
Hold and pet your cat or dog  
Make a list of things to do or shopping list  
Write down who and where you are  
Pray, talk yourself down or yell