

COPING STRATEGIES

TO EXPRESS EMOTIONS

- Paint, draw or scribble on a big piece of paper.
- Write down your feelings or draw how you feel.
- Make up a song or a poem about how you are feeling.
- Write down the difficult emotions or thoughts you are experiencing then destroy the paper.
- Listen to music or make a playlist that expresses how you are feeling.

TO CALM OR SOOTH YOURSELF

- Massage your neck, hands and feet.
- Listen to calming music.
- Smell something that is comforting to you.
- Watch a favourite film or TV series.
- Have a bath or shower.
- Cuddle a pet or soft toy.
- Wrap yourself in a warm or soft blanket.

IF YOU ARE FEELING NUMB OR DISCONNECTED

- Call someone you trust or enjoy talking to.
- Chew something with a strong taste.
- Eat something you enjoy or a favourite snack.
- Hold an ice cube for as long as you can.
- Focus on how it feels to breathe, notice how your chest and stomach move with each breath.
- Have a cold shower.
- Listen to your favourite music.
- Get outside and connect with nature.
- Do something to help someone else.

IF YOU ARE FEELING ANGRY OR TENSE

- Make some noise, bang on pots and pans, play an instrument or shout/sing.
- Hit a cushion, mattress or scream into a pillow. Use the pillow to hit a wall.
- Rip something up, magazines, newspaper or an old piece of clothing.
- Squeeze a stress ball.
- Exercise. Run, jump, dance

TO REGAIN A SENSE OF CONTROL

- Write a list (does not have to be a to do list).
- Tidy up or de-clutter.
- Write a letter, this can be to someone or to your past/present/future self.
- Do a muscle relaxation technique (lots of these can be found on YouTube).
- Do something creative, make, draw or paint.

SUBSTITUTE FOR SELF-INJURY SENSATION

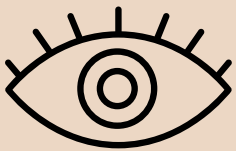
- Draw on yourself in red felt tip pen or red paint where you want to hurt yourself.
- Create a drawing/pattern on the part of you body where you want to hurt yourself.

TRY A GROUNDING TECHNIQUE

5-4-3-2-1

The 5, 4, 3, 2, 1 grounding technique allows your mind to pay attention to the present moment instead of worrying or being scared about what has happened in the past or what might happen in the future.

START BY TAKING A DEEP BREATH IN AND NOTICE:



5

things
you can
see



4

things
you can
touch



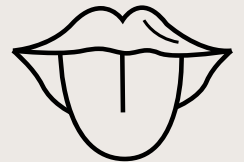
3

things
you can
hear



2

things
you can
smell



1

thing
you can
taste