When we are STRESSED we find ways to cope

Sometimes we cope with a problem behavior. Looking at the PROS & CONS of our coping behaviors, we can decide if we want to change the way we cope.

	Doing Problem Behavior (Giving in)	Not Doing Problem Behavior (Healthy Coping)
Pros	What do I like about doing it? (instant relief)	What do I like about coping with skills? (long term benefits)
Cons	What don't I like about doing it? (long term effects)	What don't I like about coping with skills? (instant feelings)

If we decide to do something different we can use these three sets of skills:

If you are in crisis and can't think straight, or your body is distressed- TIP your body chemistry!



Temperature
Face in ice water
Cold/hot shower



Intense Exercise
Running/walking fast
Expend your energy



Progressive Muscle Relaxation
Tense each muscle for 10 seconds, then release each muscle for 15 seconds

When you need to distract from people, events or feelings that are difficult to handle remember ACCEPTS

Activities
Do something else:
work on a hobby,
go for a walk

Contributions
Do something for someone else:
compliment someone,
do something nice

Comparisons
Think about how it's better:
than other situations,
a time you felt worse

Emotions
Do something that feels different:
watch a movie,
listen to music

Push Away
Put the problem away:
focus on something else,
yell NO! to the problem

Thoughts
Distract your thoughts:
count, sing a song

Sensations
Feel something else:
Hold ice, squeeze a ball

When you need to make yourself feel better to prevent problem behaviors, self-soothe with your senses



Vision
Look at something pretty
Watch something on TV
People watch
Window shop



Hearing
Listen to soothing music
Pay attention to sounds
Sing your favorite song
Play an instrument



Smell
Use a favorite soap
Burn a scented candle
Make popcorn
Smell roses



Taste
Chew your favorite gum
Eat a favorite food
Eat mindfully
Drink hot chocolate



Touch
Take a hot bath
Pet your dog or cat
Hug someone
Put on a comfy shirt

When you can't escape a situation but want to make it easier to deal with, IMPROVE the moment

Imagery
Imagine a safe place
Imagine life is going well
Imagine a relaxing place

Meaning
Find a reason for it
Focus on the positive
Think of how you'll be better

Prayer
Ask for strength
Turn it over to a higher power
Ask your wise mind for help

Relaxing
Listen to a relaxation tape
Massage your neck
Practice yoga

One thing at a time
Be mindful!
Focus attention on one thing
Breathe!

Vacation
Take a break
Get in bed for 5 minutes
Take a breather from work

Encouragement
Cheerlead yourself
"It will get better!"