

# Physical

- Walk/Walking with dogs
- Exercise
- Stretching
- napping/sleeping
- Taking care of animals
- Taking care of plants
- Sensory things (i.e. holding tea mug/ice cubes)
- Fidget toys
- Physical touch, hugs, massage
- Bath
- Dancing/Peloton



- Soothing self-touch
- Yoga
- EFT Tapping
- Touching soothing/pleasant/stimulating sensory objects
- Progressive muscle tension & relaxation
- Hands on activities such as knitting, art and crafts, puzzles etc.
- Hand exercises that get out endorphins
- Taking a shower/bath
- Paced breathing

# Coping Strategies

## Contextual (Places, Events)



- Nature
- Change location/environments (inside too much, go outside)
- Creating events/things to look forward to (even as small as a phone call with a friend)
- Support groups
- Faith/religious gatherings (virtually or in person)
- Different views in the same space
- Music, show, movies, museums
- Outdoor fires

- Spend time with friends
- Spending time with family
- Zooming with friends and family
- Writing letters, sending care packages
- Social media
- Board games/analog activities
- Personal Rewards
- Watching positive news, people doing cute/funny/prosocial things



## Interpersonal/ Interactional

## Emotional

- Share my feelings with someone
- Unpacking things with people close to you
- Boundary setting
- Time alone
- Snuggle your pets (if they want)
- Counseling/therapy
- Journaling
- Self-compassion meditation
- Feeling my feelings, being mindful of feelings
- Giving others grace/compassion
- PersonalZen app

- Light candles
- Listening to music
- Aromatherapy
- Breathe
- Looking at something pretty/satisfying
- Creative activity (e.g., painting, drawing - visual/physical activity)
- ESMR videos of nice sounds

## Sensual (of the senses)





## Nutritional

- Drink a glass of water
- Scheduled eating times
- Mindfulness while eating, savor the texture, taste and how it bites makes you feel
- Eat variety whole foods such as fruits, veggies, proteins, whole grains- (eat the rainbow!)
- Listening to your body

- Podcasts
- TedTalks
- Reading, audiobook
- Listen to music
- writing words, patterns, on cards
- coping cards, doodling
  - journaling check in with your thoughts
  - evidence for/evidence against table
- Using to do lists (both paper and electronic apps)

## Intellectual

