

TYPES OF COPING SKILLS

Self-Soothing

(Comforting yourself through your five senses)

1. Something to touch
(ex: stuffed animal, stress ball)
2. Something to hear
(ex: music, meditation guides)
3. Something to see
(ex: snowglobe, happy pictures)
4. Something to taste
(ex: mints, tea, sour candy)
5. Something to smell
(ex: lotion, candles, perfume)

Distraction

(Taking your mind off the problem for a while)

Examples:

Puzzles, books, artwork, crafts, knitting, crocheting, sewing, crossword puzzles, sudoku, positive websites, music, movies, etc.

Opposite Action

(Doing something the opposite of your impulse that's consistent with a more positive emotion)

1. **Affirmations and Inspiration**
(ex: looking at or drawing motivational statements or images)
2. **Something funny or cheering**
(ex: funny movies / TV / books)

Emotional Awareness

(Tools for identifying and expressing your feelings)

Examples:

A list or chart of emotions, a journal, writing supplies, drawing / art supplies

Mindfulness

(Tools for centering and grounding yourself in the present moment)

Examples:

Meditation or relaxation recordings, grounding objects (like a rock or paperweight), yoga mat, breathing exercises.

Crisis Plan

(Contact info of supports and resources, for when coping skills aren't enough.)

Family / Friends
Therapist
Psychiatrist
Hotline
Crisis Team / ER
911

50 Distraction Techniques For People With Depression

SA Adler



50 Distraction Techniques For People With Depression:

Adopting the Track of Expression: An Psychological Symphony within **50 Distraction Techniques For People With Depression**

In a global used by screens and the ceaseless chatter of fast conversation, the melodic elegance and psychological symphony produced by the prepared term often diminish into the backdrop, eclipsed by the constant noise and disturbances that permeate our lives. But, located within the pages of **50 Distraction Techniques For People With Depression** a charming literary treasure full of natural feelings, lies an immersive symphony waiting to be embraced. Constructed by an outstanding composer of language, that interesting masterpiece conducts visitors on a mental trip, well unraveling the hidden melodies and profound influence resonating within each carefully constructed phrase. Within the depths of this poignant assessment, we will investigate the book is key harmonies, analyze their enthralling writing design, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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