COMMON COPING STRATEGIES

MINDFULLNESS
Activities that bring us into the present moment: Meditation, Prayer, yoga, tai-chi, breathing exercises

REDIRECT
Activities that give us a different focus: art, video games, cooking, reading, learning a new skill

EMOTIONAL AWARENESS
Activities that give us emotional catharsis and connection: feelings wheel, naming & expressing the feeling, journaling, coloring

NURTURING
Activities that nourish and enrich our body, spirit, self-esteem; affirmations, massage, reiki, aromatherapy etc.

SOOTHING
Activities that nurse our feelings, temporarily relieve discomfort, can be compulsive or excessive.

COMMUNITY CARE PLANNING
Planning and mapping out self, family and community needs.