Types of Coping

**Self-Soothing**
Comforting yourself through your five senses (something you can touch, smell, hear, taste, see).

**Distraction**
Taking your mind off the problem for awhile. (Puzzles, books, artwork, movies, music, etc.).

**Opposite-Action**
Doing something that is the opposite of your impulse that is more consistent with a positive emotion.

**Emotional Awareness**
Tools for identifying and expressing your emotions.

**Mindfulness**
Tools for centering and grounding yourself in the present moment.

**Crisis Plan**
Contact information for supports and resources for when coping skills are not enough.

---

24/7 call or text
715.532.6976

[Embrace logo]