

Good Grief Workshop

Coping Skills Exercise

Coping skills help get through difficult times – they can give us an important break from mental and emotional distress, and sometimes they become literally life saving. Keep this list of coping skills handy for when you need it...Fold it up and put it in your wallet or bag. Post it on a wall, your fridge, or someplace handy where you'll see it.

Make this list work for you!

Use a highlighter to mark the skills that work best for you and write down your own ideas on the next page.

<p>DISTRACTION Absorb your mind in something else</p>	<p>Conversation, listen to podcasts, watch videos, gaming, do puzzles, play games or sports, arts & crafts, clean out a closet, solve a problem, make a list, learn something new.</p>	<p>PROS ☺ Gives your mind & heart a break. ☺ Great for short term relief & getting through a crisis</p>	<p>CONS ⊗ Can't do it for too long ⊗ Doesn't resolve underlying issues ⊗ Makes it hard to concentrate</p>
<p>GROUNDING Get out of your head and into your body</p>	<p>Use body & senses: Smell fragrances, slowly taste food, notice the colours around you, walk on the grass barefoot, squeeze clay or mud, do yoga, meditate, exercise, hike in nature</p>	<p>PROS ☺ Helps you slow down or stops feelings of numbness and feeling disconnected ☺ Reduces feelings of anxiety</p>	<p>CONS ⊗ Sometimes it's better to start a bit disconnected. That is how your mind protects you</p>
<p>EMOTIONAL RELEASE Let it out!</p>	<p>Yell, scream, run! Try a cold shower. Let yourself cry. Put on a funny video and let yourself laugh! Crank up your favourite music & dance! Try kick boxing.</p>	<p>PROS ☺ Great for releasing anger, fear and overwhelming emotions.</p>	<p>CONS ⊗ Hard to do in every situation ⊗ Feels odd ⊗ Some people might question your behaviour</p>
<p>SELF LOVE Be kind to yourself</p>	<p>Massage your hands with nice cream, take a warm bath, eat your favourite foods, get a haircut, get yourself a treat, redecorate or rearrange your room/space, put fresh sheets on your bed. YOU DESERVE IT!</p>	<p>PROS ☺ Become your own best friend and support worker ☺ Overcome guilt or shame.</p>	<p>CONS ⊗ Sometimes it can feel really hard to do or superficial (but it's not).</p>
<p>THOUGHT CHALLENGE</p>	<p>Write down negative thoughts, then list all the reasons why they may not be true. Imagine someone you love had these thoughts – what would you tell them?</p>	<p>PROS ☺ Can help you shift long-term negative thinking habits. ☺ Trying to be more logical can reduce extreme emotions.</p>	<p>CONS ⊗ The more emotional you feel, the harder this is to do, especially if you are feeling shame or guilt.</p>
<p>ACCESS YOUR HIGHER SELF</p>	<p>Help someone else. Smile and say hello to others (see how many smiles are returned). Pray, volunteer, do random acts of kindness for others. Pet a dog on our walk, join a cause that is meaningful to you.</p>	<p>PROS ☺ Reminds us that everyone, including ourselves, has value and purpose in the world, that can be found in both the large and small things we do.</p>	<p>CONS ⊗ Don't get stuck trying to fix everything and save everyone, especially if you're forgetting about your own needs and boundaries in the process.</p>

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Your Personal Coping Skills List

Use this page to write your own list of coping skills. You might take some from the list we shared, some that you already know, and other that might still be out there for you to discover.

DISTRACTION

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something else

GROUNDING

Get out of your head
and into your body

EMOTIONAL RELEASE

Let it out!

SELF LOVE

Be kind to yourself

THOUGHT CHALLENGE

ACCESS YOUR HIGHER SELF