

# Coping Strategies

Print one per card

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Keep a record of how I am feeling  
Focus on my breathing. Take slow, deep breaths  
Take some medication  
Make a "things to do" list  
Set a routine  
Read out loud  
Surf the net and/or join a chat room  
Spend time with my pet  
Reduce or increase my caffeine intake eg. Coffee, coke  
Take a bath or shower  
Change environment. If I am outside, go inside, move to a different room  
Do an activity I like eg. Computer game, play station  
Limit contact with people or situations that make things worse  
Use relaxation strategies eg. Think about a place I find relaxing, relaxation tapes  
Cut or harm myself  
Use drugs and/or alcohol  
Listen to music  
Talk to someone I trust  
Do Tai Chi, yoga or meditation  
Exercise eg. Go to the gym, go for a walk or swim  
Play sport  
Use positive self talk  
Watch a movie  
Draw or paint  
Put ear plugs in  
Keep a journal  
Get regular sleep  
Read a book or magazine  
Let other people know I'm experiencing symptoms  
Avoid drugs and alcohol