

When we are STRESSED we find ways to cope

Sometimes we cope with a problem behavior. Looking at the PROS & CONS of our coping behaviors, we can decide if we want to change the way we cope.

	Doing Problem Behavior (Giving in)	Not Doing Problem Behavior (Healthy Coping)
Pros	What do I like about doing it? (instant relief)	What do I like about coping with skills? (long term benefits)
Cons	What don't I like about doing it? (long term effects)	What don't I like about coping with skills? (instant feelings)

If we decide to do something different we can use these three sets of skills:

If you are in **CRISIS** and can't think straight, or your body is distressed- **TIP your body chemistry!**



T Temperature

Face in ice water
Cold/hot shower



I Intense Exercise

Running/walking fast
Expend your energy



P Progressive

Muscle Relaxation

Tense each muscle for 10 seconds, then release each muscle for 15 seconds

When you need to distract from people, events or feelings that are difficult to handle remember **ACCEPTS**

A Activities

Do something else:
work on a hobby,
go for a walk

C Contributions

Do something for someone else:
compliment someone,
do something nice

C Comparisons

Think about how it's better:
than other situations,
a time you felt worse

E Emotions

Do something that feels different:
watch a movie,
listen to music

P Push Away

Put the problem away:
focus on something else,
yell NO! to the problem

T Thoughts

Distract your thoughts:
count, sing a song

S Sensations

Feel something else:
Hold ice, squeeze a ball



V Vision

Look at something pretty
Watch something on TV
People watch
Window shop



H Hearing

Listen to soothing music
Pay attention to sounds
Sing your favorite song
Play an instrument



S Smell

Use a favorite soap
Burn a scented candle
Make popcorn
Smell roses



T Taste

Chew your favorite gum
Eat a favorite food
Eat mindfully
Drink hot chocolate



T Touch

Take a hot bath
Pet your dog or cat
Hug someone
Put on a comfy shirt

When you can't escape a situation but want to make it easier to deal with, **IMPROVE** the moment

I Imagery

Imagine a safe place
Imagine life is going well
Imagine a relaxing place

M Meaning

Find a reason for it
Focus on the positive
Think of how you'll be better

P Prayer

Ask for strength
Turn it over to a higher power
Ask your wise mind for help

R Relaxing

Listen to a relaxation tape
Massage your neck
Practice yoga

O One thing at a time

Be mindful!
Focus attention on one thing
Breathe!

V Vacation

Take a break
Get in bed for 5 minutes
Take a breather from work

E Encouragement

Cheerlead yourself
"It will get better!"