

Coping tools for wellbeing

Date _____

These activities are to support your emotion regulation in times of need. When used properly they can reduce stress and promote overall wellness

Cognitive and Emotional coping tools

- 5 D's Technique: Distract, Delay, Deep Breath, Drink, Discuss
 - STOPP Technique: Stop, take a break, observe your thoughts and feelings, pull back for perspective and practice what works
 - Use a Thought Management Sheet
 - Ask for help
 - Support meetings such as AA, NA, CA OR KA
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Reflective and Expressive Activities

- Journaling: Reflect on your thoughts, emotions and feelings
 - Dump journaling: It doesn't have to make complete sense just get it out
 - Positive affirmations: Repeat uplifting statements
 - The senses: Think of three things you can see, smell, hear etc
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Mindfulness and relaxation

- Meditation and Breathing exercises
 - Yoga or stretching
 - Mindful activities like mindful walking or brushing your teeth
 - Spiritual practices like prayer or chanting
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Daily Life and Productivity

- Cleaning and organising: Creating order in your space for mental clarity
 - Chores and routine tasks: Completing small manageable tasks
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Creative and sensory

- Art journaling
 - Dancing, singing and listening to music
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