

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

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

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

Dayily Life and Productivity

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

Creative and sensory

- Art journaling
- Dancing, singing and listening to music
