



Hope Recovery,
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Coping Skills

- **Distraction**
 - **Techniques that are most helpful in distracting you from negative or irrational thoughts**
 - Watching a show or a movie
 - Reading a book
 - Listening to music
 - Coloring a mandala or a page from a coloring book
 - Journaling
 - Gratitude - write about things and people that you are thankful for
 - Write why you are thankful for them
 - Social- write about a social interaction that was either the most significant to you or the longest interaction you had
 - Write about it in detail
 - Why did you choose to write about this

- **Grounding**
 - **Ground yourself in the moment and keep your mind focused on what's happening around you**
 - Identify and name things you touch.
 - Identify and name things you hear.
 - Identify and name things you see.
 - Identify and name where you are physically—what building, what room

- **Emotional Release**
 - **Actions that help you vent, express your feelings and move on**
 - Screaming into a pillow
 - Punching a punching bag
 - Popping a balloon
 - Exercise

- Let yourself cry
- Call your therapist or a crisis hotline
 - 1-800-273-8255
 - Text HOME to 741741

- **Self Love**
 - **Showing yourself appreciation**
 - Treating yourself to a massage
 - Give yourself a hand massage
 - Get some lotion and rub it on your hands
 - Massage the palm of your hand, back of your hand and your fingers
 - Focus on the smell of the lotion
 - Writing good things about yourself
 - Take a hot shower or a bubble bath
 - Give yourself a facial

- **Thought Challenge**
 - **Challenge the negative and unhelpful thoughts that arise by replacing them with positive thoughts**
 - What are your strengths
 - Read the Bible
 - Pray

- **Access to Your Higher Self**
 - **Techniques and exercises that help you feel like your best self**
 - Volunteering for others
 - Extending compassion to everyone around you

Provided by Lakeisha Eglus for use by Hope Recovery.