



Personal Coping Skills Plan

Self-Soothing (Comforting yourself through your five senses) 1. Something to touch 2. Something to hear 3. Something to see 4. Something to taste 5. Something to smell	Distraction (Taking your mind off the problem for a while)	Opposite Action (Doing the opposite of your impulse; doing something that will help create positive emotions) 1. Affirmations and Inspiration 2. Something cheerful
Emotional Awareness (Using strategies for identifying and expressing your feelings)	Mindfulness (Tools for centering and grounding yourself in the present moment)	Crisis Plan (Contact information of supports and resources, for when coping skills are not enough)

Personal Guide To Coping

Arnold B. Bakker



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web 2 days ago certainly identifying the spider is helpful as the brown recluse has a unique appearance with a yellow to brown color and a fiddle or violin shaped mark on its back he says they typically grow to between 1 and 1 1 2 inches long 2 5 to 3 5 centimeters friedman adds that these spiders like dark warm dry spaces like attics or under

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web for laypersons the most distinguishing feature of a brown recluse is a dark violin shaped mark on its back with the neck of the violin pointing toward the rear abdomen of the spider this feature is consistent in adult brown recluses but sometimes less obvious in younger spiders

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web the recluse spiders loxosceles l o x o s c e l e s also known as brown spiders fiddle backs violin spiders and reapers is a genus of spiders that was first described by r t lowe in 1832 they are venomous spiders known for their bite which sometimes produces a characteristic set of symptoms known as loxoscelism

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web a brown recluse has a dark brown violin shape on the cephalothorax the portion of the body to which the legs attach the neck of the violin points backward toward the abdomen however what you should look at instead is the eye pattern of 6 eyes in pairs with a space separating the pairs most spiders have 8 eyes in two rows of four

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web overview what is a brown recluse spider the brown recluse spider is an eight legged arachnid that is tan to dark brown in color with a violin marking on its back that can range anywhere from 1 4 inch to 1 2 inch long younger spiders or those that have just molted won't have the violin marking

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