



Personal Coping Skills Plan

<p>Self-Soothing (Comforting yourself through your five senses)</p> <ol style="list-style-type: none"> 1. Something to touch 2. Something to hear 3. Something to see 4. Something to taste 5. Something to smell 	<p>Distraction (Taking your mind off the problem for a while)</p>	<p>Opposite Action (Doing the opposite of your impulse; doing something that will help create positive emotions)</p> <ol style="list-style-type: none"> 1. Affirmations and Inspiration 2. Something cheerful
<p>Emotional Awareness (Using strategies for identifying and expressing your feelings)</p>	<p>Mindfulness (Tools for centering and grounding yourself in the present moment)</p>	<p>Crisis Plan (Contact information of supports and resources, for when coping skills are not enough)</p>

Personal Guide To Coping

R Sandford



Personal Guide To Coping:

Immerse yourself in heartwarming tales of love and emotion with Crafted by is touching creation, Tender Moments: **Personal Guide To Coping** . This emotionally charged ebook, available for download in a PDF format (*), is a celebration of love in all its forms. Download now and let the warmth of these stories envelop your heart.

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