



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

Yi-Tong Ma



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