

7 Types of Coping Skills

VIBRANTANDSAIN

7 TYPE OF COPING SKILLS

Coping skills are the strategies, behaviors, thoughts, and actions that individuals use to manage stress, adversity, or challenging situations. They are essentially the toolkit people rely on to deal with the difficulties and pressures of life.

Coping skills can be both conscious and unconscious, and they vary widely from person to person based on individual experiences, personalities, and preferences.



DISTRACTION

Taking Mind off Your Problems

Puzzles
Books
Crafts
Socializing
Crosswords
Reading
Movies
Music

Use Distraction when your Heart and Mind need a Break.

GROUNDING MINDFULNESS

Centering Your self in the Moment

Meditation
Breathing
Yoga
5 Senses
Music
Shower
Relaxing
Stretch

Use Grounding When You're feeling Anxiety and Overwhelm

EMOTIONAL AWARENESS & RELEASE

Identify Expressing & Emotions

Journaling
Reflection
Talking
Socializing
Writing
Drawing
Music
Singing

Express Emotions that you've had to Hold Back

7 TYPE OF COPING SKILLS

SELF LOVE & SOOTHING

OPPOSITE ACTION

CHALLENGING THOUGHTS AND ASSUMPTIONS

CRISIS PLAN

Comforting and Showing Love for Self

Doing the Opposite of Impulses

Challenging Negative Thinkings

Using a Plan to get Through Crisis

Message Self-Care
Compassion
Bubble Bath
Comfort
Rest
Nap
Empathy

Play Happy Music When feeling Sad
Take a Break when Impulsive
Give a Hug When feeling Angry

Checking the Validity of Assumptions
Challenging Negative Thinking
Showing Yourself Compassion

Having Safe People
Having crisis Lines Number
Having Safe Places to go
Accessing Resources

Use When you find you're being Hard on Yourself

Use When you feel like doing something Unhelpful

Use When Negative Thoughts are Overwhelming

Use any time you're Afraid for your own Safety



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**GROUNDING
MINDFULNESS**

**EMOTIONAL
AWARENESS
& RELEASE**

**SELF LOVE
&
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**OPPOSITE
ACTION**

**CHANLLENGING
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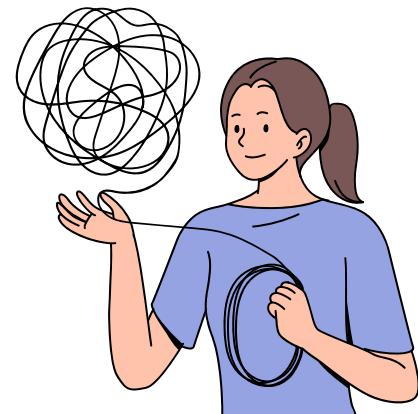
**CRISIS
PLAN**

7 TYPE OF COPING SKILLS

COPING SKILLS

Coping skills are strategies individuals use to manage stress, adversity, or challenging situations. Here are seven types of coping skills:

- **Problem-Solving Skills:** This involves identifying the problem, generating possible solutions, evaluating those solutions, and implementing the best one. It's about taking action to address the source of stress or difficulty.



- **Emotional Regulation Techniques:** These are strategies that help individuals manage their emotions effectively.

Examples include deep breathing exercises, mindfulness meditation, and progressive muscle relaxation.

- **Social Support:** Seeking support from friends, family, or support groups can be a valuable coping strategy. Talking to others about your feelings and experiences can provide comfort, advice, and perspective.

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- **Self-Care Practices:** Taking care of oneself physically, emotionally, and mentally is essential for coping with stress. This includes getting enough sleep, eating healthily, exercising regularly, and making time for activities that bring joy and relaxation.

