

COPING STRATEGIES

Use a Starting Ritual First



“The moment you feel yourself (...) start counting backward 5-4-3-2-1, the GO. The Rule is a proven, form of metacognition. When you use it, you shift mental gears, interrupt your habit of overthinking and awaken your pre-frontal cortex – making change easy. The rule acts as a “starting ritual” that breaks bad habits and triggers positive new behavior change.” ~Mel Robbins

- 🧠 Learn how to identify and talk back to your Automatic Negative Thoughts (ANTs)
- 🧠 Breathe (practice breathing several times a day)
 - Diaphragmatic Breathing
 - 4X4
 - Figure 8
 - Hands above your head
- 🧠 Know and utilize your strengths. Get coaching on finding and utilizing your strengths from your school counselor if you need to.
- 🧠 Focus on what you can control (remember the circles of control: Inner circle is all you can control; middle circle you can influence; outer circle is out of your control – don’t focus there!)
- 🧠 Focus more on the positive (what you like) a lot more than the negative (what you don’t like)
- 🧠 Surround yourself with positive people
 - Relationships vs. isolation
 - Healthy relationships vs. unhealthy relationships
- 🧠 Communication skills are crucial!
 - Assertive vs. Passive vs Aggressive
- 🧠 Healthy eating/nutrition
- 🧠 Exercise/play sports games
- 🧠 Gratitude journaling
- 🧠 Sleep 9.25 hours per night
- 🧠 Meditation
- 🧠 Reflective journaling
- 🧠 Visual arts
- 🧠 Learn how to deal with conflict (SEAL)
 - Stop
 - Explain

- Affirm and Acknowledge
- Lock (lock in; take a break; lock out)
- 🌀 Figure out what give you meaning and excitement in your life
- 🌀 Get organized
- 🌀 Eating/drinking something soothing
- 🌀 Tactile diversions
 - Clay
 - Fidgets
 - Sand tray
 - Petting your animals
 - Rocks
- 🌀 Aromatherapy
- 🌀 Blow bubbles
- 🌀 Metaphors
- 🌀 Music
- 🌀 Yoga
- 🌀 Story telling
- 🌀 Creative dramatics
- 🌀 Mentoring
- 🌀 Animal assisted therapy
- 🌀 Prayer power
- 🌀 Using “Bubble Stories”
- 🌀 Relaxation/guided imagery
- 🌀 Spend time in nature
- 🌀 Build a library of wonderful memories or beautiful, peaceful places to imagine when you are stressed
- 🌀 11-18/40/60 Rule (When you are 11-18 you worry about what other people think of you. When you are 40 you don’t care what people think of you. When you are 60, you realize nobody has even been thinking of you)
- 🌀 When all else fails... Get help and support

