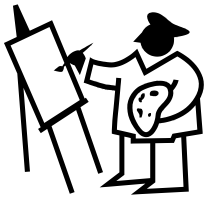


Healthy Coping Skills

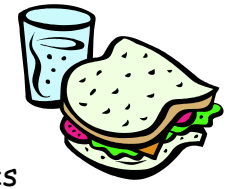


There are different ways of dealing with stress. Some people choose unhealthy ways of dealing with stress, such as bottling feelings inside, ignoring feelings, eating unhealthy, or using drugs or alcohol. However, these methods often only provide temporary relief and can cause physical harm. As a result, feelings that are not dealt with can come out in less controlled ways, such as through illness, physical aggression, and loosing one's temper, to name a few. On the other hand, healthy coping methods do not harm the individual and allow the individual to express feelings in more productive ways.





Below is a list of some healthy coping skills. What healthy coping skills do you already practice? Which ones have you tried that did <u>not</u> work for you? Knowing which skills do not work is almost as important as which ones do so you can focus on the skills that do work when you need them. Are there some methods that work sometimes but not others? Most people cannot rely on one method to work for every situation. That is why it is important to recognize a variety of options that are helpful and to be willing to try new ones. Add additional healthy coping skills to this list as you realize them and keep this list in a handy place that you will remember when times get tough.



<u>Healthy Coping Skills List</u>:

1. Writing feelings and thoughts down through diary, stories, poems, song lyrics
2. Music - singing, listening to music, playing an instrument, dancing
3. Art – drawing, painting, sculpting
4. Exercise (in moderation)
5. Physical Care – drinking water, eating healthy, getting enough sleep
6. Talking to others you can trust – family, friends, support group, 24/7 advice line
7. Spiritual support – church, consulting religious teacher/mentor, prayer
8. Positive Thinking - positive self-talk/affirmations, recognizing current things about self and life that you are grateful for, solving small problems, watching what you are thinking, confronting overly negative and limiting thoughts, recognizing that most problems are temporary
9. Relaxation techniques – visualization, breathing, meditation, manicure/pedicure, taking warm bath/shower, enjoying nature, cuddling with a pet, counting, guided imagery – describe a happy or relaxing place using five senses: sight, sound, touch, taste, and smell
10. Alameda County 24 Hour Crisis Line: 1-800-309-2131 – You don't have to be in crisis to call but it is a phone number you can call if you need someone to talk to that is available 24/7.





