COPING SKILLS PLAN IDEAS

Self-Soothing
- Comfort yourself through your five senses
- Taste
- Touch
- Hear
- See
- Smell

Distraction
- Taking your mind off the problem for a while
- Puzzles
- Books
- Music
- Movement

Opposite Action
- Doing something opposite of your impulse consistent with a positive emotion
- Affirmations
- Watch something funny
- Be active

Emotional Awareness
- Tools for identifying and expressing your feelings
  - Journal
  - Draw/paint
  - Talk to a loved one

Mindfulness
- Tools for centering and grounding yourself in the present moment
  - Yoga
  - Grounding
  - Guided Meditation

Crisis Plan
- Who can support you when coping skills are not enough

UI SUPPORT AND CRISIS LINE
Call/Text: 844-461-5420
988 Suicide & Crisis Lifeline
Create your own **COPING SKILLS PLAN**

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