

Simple Coping Skills

- Eat a strong mint or gum
- Smell a strong pleasant fragrance (essential oils, scented lotion)
- Run your hands/wrists under cold or warm water
- Splash cool water on face
- Drink cool water
- Stretch your body
- Listen to nature sounds or music
- Go for a walk
- High intensity exercise (increase heart rate)
- Progressive Muscle Relaxation Therapy (PMRT) [PMRT WebMD](#)
- Box breathing [Box Breathing](#)
- Extend the exhalation: (e.g. inhale 4 seconds, exhale 8 seconds)
- Guided meditation (Meditation Apps: Calm, Headspace, Ten Percent Happier, RelaxNow)
- Allow yourself to feel your feelings. Say aloud or in your head: “It’s okay to feel this” and “this will pass” (The more we resist a negative emotion, the stronger it becomes)

Emotional Regulation Tips

- PLEASE Acronym
 - Treat Physical Illness
 - Eat Healthy
 - Avoid Mood Altering Drugs
 - Sleep Well
 - Exercise
 - [Emotion Regulation Skills PDF](#)
- Opposite Action: When feeling a strong negative emotion, act in the opposite manner than you would expect. This helps us regulate the emotion and return to a calmer state of mind (e.g. when feeling angry talk quietly and speak kindly)
- Orienting self to surroundings when emotionally heightened: Where are you right now? Who are you with? What color are the walls? What items can you see in the room? Can you describe them? What items can you feel? What do they feel like? What can you smell?

Self Compassion Affirmations

- **This is a moment of suffering**
That's *mindfulness*.
 - ~This hurts.
 - ~This is stress.
- **Suffering is a part of life**
That's *common humanity*. Other options include:
 - ~Other people feel this way.
 - ~I'm not alone.
 - ~We all struggle in our lives.
- **Extend kindness to yourself**
 - ~May I give myself the compassion that I need
 - ~May I learn to accept myself as I am
 - ~May I forgive myself
 - ~May I be strong.
 - ~May I be patient