COPING SKILLS

Quick exercises to help create space, refocus, or reconnect.

1 Orienting

Let your eyes find what interests them.
Rest there until the interest fades, then let them move to the next interesting thing.

3+ min

2 Many Small Breath-Holds

Take 3-4 normal breaths.
After an exhale, hold for 3 seconds.
Take 3-4 normal breaths and repeat.

3 min minimum

3 Progressive Muscle Relaxation

Gently tense one area of your body, release it, then move to the next.
Work through the whole body.

4 Shake It Out

Let your body shake loosely.
Try hands, arms, shoulders, legs, or your whole body.

1-2 min

5 Mindful Walk

Walk and notice how your body is feeling, while letting yourself take in what is happening around you.

5 min

6 Feelings Free-Write

Write what you are feeling.
Focus on emotions and body sensations.
No judging or fixing. Everything is allowed.

7 Brain Dump

Write down every task, worry, thought, or thing you are trying to remember.
No organising needed.

10 min max

8 Affirmation Practice

Choose one statement about YOU.
Positive + present tense + about yourself.
Example: "I am capable." Repeat slowly.

10 repetitions

9 Cocoon

Get comfortable somewhere you won't be disturbed.
Use a blanket, eye mask, and silence, white noise, binaural beats, or familiar music.

10+ min

10 One-Sense Focus

Choose one sense.
Focus only on what you can see, hear, touch, smell, or taste.

3+ min

11 The Sedona Method

1. Notice & welcome emotions and sensations. (30 sec min)
2. Can I let this go?
3. Will I let this go?
4. When? (Now, tonight, next week...)
5. Let go. Imagine releasing it.

12 Supportive Place Visualisation

Picture somewhere that feels supportive.
Imagine what you can see, hear, and feel.
Spend a few minutes there in your mind.

Try one. Keep it simple. Notice what helps.