

Coping Strategies

There are lots of different ways we can use to distract, relax or ground ourselves when our feelings become overwhelming. On the next few pages are some ideas you might find useful, some of these are even things you can do without anyone else knowing, its worth having a read through and seeing if you think any might work for you.

You might want to suggest some of these to a friend if you notice they are struggling.



Relaxation

Self-care

Take some time to look after yourself.

Look after your skin using posh face washes, face masks, or moisturisers.

Light scented candles, snuggle up with a soft blanket and a great book.

Run a bubble bath and listen to soothing music.

Ask someone to give you a massage or draw pictures on your back.

Distraction

Counting

Set yourself counting challenges.

Backwards from 100 in 7s

Multiples of 19

Up through the prime numbers

Backwards from 300 in 3s

100...
93...
86...



Grounding

STOPP

S

STOP what you're doing

T

TAKE a breath

O

OBSERVE & notice how you feel

P

PULL BACK & think about the bigger picture

P

PRACTICE what works

Distraction

Animal Alphabet

Name an animal beginning with A... then B... C... D... E...
Keep going until you run out of alphabet.



You can also do this with Football Teams, Dog Breeds, Countries or anything else there is a lot of.

Distraction

Make a List

Choose a category and list as many things under it as you can think of.
Keep going until you run out.

Actors

Cities

Athletes

Books

Animals

Teams

Countries

Food

Cars

Films

TV Shows

Celebs

Grounding

Tranquil Toes

Close your eyes and put your feet firmly on the floor.

Imagine a pen, pencil or paintbrush. Pick a colour and style. Maybe a purple glitter gel pen or a thick paintbrush with cold blue paint on it.



Grounding

Ground with Sound

Stop and listen carefully to your environment. Name the sounds that you can hear either out loud or in your head.

You can start close by and move your awareness further away.

my breathing, a television, the breeze outside your window, the leaves and a bird in the tree...



Distraction

Who am I?

What is your...

Full name

Age

Birthday

Where are you?

What is the date & time?

What are your favourite...

Songs

Colours

Foods

Films



Relaxation

Movement Magic

Get moving to feel more relaxed and energised afterwards.

Take a walk. Pay close attention to your surroundings.

Play a new sport

Stretch gently

Go for a jog

Take the stairs

Follow a YouTube video (HIT, Aerobics, Barre, Yoga)



Distraction

Room Search

In your head, slowly list all the things in the room that fall into one category. You can come up with your own categories, the possibilities are endless.

Here's some ideas for categories to get you started...

Round

Smooth

Shiny

Blue

Soft

Smelly

Plastic

Grounding

Glitter Jar

Create a mindful glitter jar. Shake it up and then set it down to watch the glitter settle.

To make a Glitter Jar, fill a clean, clear jar or bottle with water and glitter.



Top Tip: Adding a few drops of glycerin and washing up liquid makes the glitter fall slowly.

Relaxation

Pizza Massage

Get a friend or relative to imagine your back is a pizza base. Get them to give you a back massage, recreating your favourite pizza.

Knead your back like dough.

Spread the sauce with long strokes.

Sprinkle the cheese with their fingertips.

Cut the pizza in to slices.

Chop the ingredients with the sides of the hands.

Grounding

Object Focus

Pick an item you can hold in your hand. It could be a pen, a toy or an item of clothing. Look at the item and feel it carefully. Describe it in lots of detail in your head.



'This pen is dark blue, it has hard plastic ridges around it and a soft rubbery grip, the point has a little bit of sticky blue ink on it'

Grounding

Sit still. Slowly list and focus on...

5...

Things you can SEE

4...

Things you can FEEL

3...

Things you can HEAR

2...

Things you like to SMELL or TASTE

1

...Take 1 deep breath



If you feel you need help or would like to talk to someone, please speak to the Mental Health Lead in your school or with family and friends you trust.

Distraction

Music to your Ears

Create playlists for different moods.

Happy

Relaxed

Sad

Energetic



Sing along to your favourite songs

Listen to audio books, podcasts or comedy

Relaxation

Finger Breathing

Use your index finger to trace around the edges of the fingers on your opposite hand.

Count 1, 2, 3, 4 and breathe in as you go up the first finger.

Count 1, 2, 3, 4 and breathe out as you go down the finger.

Repeat until you have traced up and down all five fingers, breathing in counts of four.

