



Coping Activities & Negative Coping Actions

<i>Coping Activities</i>	
<p><i>Diversions</i> – any hobby or activity that engages your attention.</p> <ul style="list-style-type: none"> ✦ Writing, drawing, painting, crafts ✦ Listening to music, playing an instrument, singing, dancing, acting ✦ Gardening ✦ Taking a walk, or going for a drive ✦ Watching television or a movie ✦ Guided Imagery Meditations ✦ Playing a game ✦ Shopping ✦ Reading ✦ Taking a break or vacation 	<p><i>Tension Releasers</i></p> <ul style="list-style-type: none"> ✦ Going on a walk ✦ Exercising ✦ Breathing Exercises ✦ Playing sports ✦ Systematic Muscle Relaxation ✦ Playing a musical instrument ✦ Taking a hot shower or bath ✦ Eating a little chocolate ✦ Crying ✦ Laughing ✦ Singing
<p><i>Organizing Tasks</i> – any activity that involves ordering things.</p> <ul style="list-style-type: none"> ✦ Cleaning ✦ Organizing your environment ✦ Putting things away ✦ Sudoku, Crossword puzzles, Jigsaw puzzles ✦ Update your calendar ✦ Outline the steps in a project 	<p><i>Cognitive Coping Skills</i></p> <ul style="list-style-type: none"> ✦ Making lists (Pro-Con, Goals, Ideas) ✦ Brainstorming solutions ✦ Managing your expectations ✦ Considering an inspirational quote ✦ Being flexible ✦ Consciously changing your attitude ✦ Rewarding yourself for successes ✦ Analyzing a situation ✦ Reframing a problem to be an opportunity
<p><i>Social or Interpersonal Coping Strategies</i></p> <ul style="list-style-type: none"> ✦ Talking to someone you trust ✦ Writing a note to someone you care about ✦ Spending time with friends or family ✦ Serving someone in need ✦ Caring for or play with a pet ✦ Role-playing challenging situations with others ✦ Encouraging others 	<p><i>Physical Maintenance Strategies</i></p> <ul style="list-style-type: none"> ✦ Getting enough sleep ✦ Eating healthy foods ✦ Getting into a good routine ✦ Limiting caffeine and alcohol ✦ Taking medication as prescribed ✦ Deep / slow breathing
<p><i>Limit Setting</i></p> <ul style="list-style-type: none"> ✦ Dropping some activities if you're over-extended ✦ Setting boundaries and saying "no" ✦ Prioritizing important tasks ✦ Scheduling time for yourself ✦ Being assertive to the demands of others 	<p><i>Spiritually Fulfilling Activities</i></p> <ul style="list-style-type: none"> ✦ Praying ✦ Meditating ✦ Enjoying nature ✦ Getting involved in a worthy cause ✦ Experiencing appreciation or gratitude



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<i>Negative Coping Actions</i>	
<p><i>Diversions</i></p> <ul style="list-style-type: none"> ✦ Procrastination – putting off important tasks ✦ Misusing drugs or alcohol as self-medicating ✦ Wasting time on unimportant tasks 	<p><i>Tension Releasers</i></p> <ul style="list-style-type: none"> ✦ Tantrums ✦ Throwing things at people ✦ Hitting people ✦ Yelling at others ✦ Destroying property ✦ Speeding or driving recklessly
<p><i>Social or Interpersonal Strategies</i></p> <ul style="list-style-type: none"> ✦ Blaming others ✦ Isolating or withdrawing ✦ Mean or hostile joking ✦ Putting down others behind their back ✦ Criticizing others to their face ✦ Manipulating others ✦ Refusing help from others ✦ Lying to other people ✦ Sabotaging other people's plans ✦ Being late to appointments ✦ Provoking violence from others ✦ Enabling others to take advantage of you 	<p><i>Physical</i></p> <ul style="list-style-type: none"> ✦ Suicidal Gestures ✦ Self-harm ✦ Excessive exercise ✦ Developing illnesses ✦ Abusing drugs or alcohol <p><i>Over-Indulging</i></p> <ul style="list-style-type: none"> ✦ Spending too much ✦ Gambling ✦ Eating too much ✦ Continually crying
<p><i>Cognitive Strategies</i></p> <ul style="list-style-type: none"> ✦ Denying any problem ✦ Stubbornness or inflexibility ✦ All or nothing, black or white, thinking ✦ Blaming yourself and others ✦ Catastrophizing ✦ Unproductive Repetitive Thoughts ✦ Hiding or Burying Your Feelings ✦ Withdrawing or Isolating ✦ Name-Calling 	<p><i>Self-Diminishing</i></p> <ul style="list-style-type: none"> ✦ Making excessive fun of yourself ✦ Self-sabotaging behaviors ✦ Blaming yourself ✦ Thoughts and behaviors that suggest that you deserve to feel bad or overwhelmed