

When times are tough, we all have Coping Strategies – What do you turn to?

<p><i>“Toward” Coping Strategies</i> Move you <i>toward</i> your better future</p>	<p><i>“Away” Coping Strategies</i> move you <i>away</i> from your better future</p>
<ul style="list-style-type: none"> ✓ Talk to a close family member or caring adult and ask them to listen. ✓ Release your frustration in safe ways ✓ Cry, let it out ✓ Exercise / work out ✓ Play sports ✓ Ask for Help ✓ Focus on the end goal, which is success ✓ Problem solve ✓ Create a timeline to get work done ✓ Get outside for fresh air ✓ Spend time in nature ✓ Go to bed early and get a good night’s sleep ✓ Write down your issues and potential solutions ✓ Draw or paint ✓ Play an instrument/sing/dance ✓ Write a song/poem/letter ✓ Write in a journal; focus on solutions ✓ Pray – for strength and guidance in finding solutions ✓ Breath slower ✓ Yoga/Meditate ✓ Run/bike/skateboard ✓ Improve your eating habits ✓ Cook a healthy recipe ✓ Eat slowly ✓ Walk the dog ✓ Play with a Pet ✓ Build something/take on a project/hobby ✓ Take a day off ✓ Get a massage ✓ Have a nap ✓ Connect with healthy friends & laugh with them ✓ Watch a movie: funny movie to let yourself laugh uncontrollably, sad movie to let yourself cry uncontrollably, all to create an emotional release ✓ Tidy up your room/space at home ✓ Confront the person who is causing you stress (<i>but in a way that works toward a mutually acceptable solution</i>) ✓ Listen to Sad music so you can cry and release your sadness and frustration ✓ Listen to positive music that strengthens you ✓ Talk to a counselor or therapist ✓ Focus on positive thinking – focus on the solutions 	<ul style="list-style-type: none"> × Negative self-talk × Vent on social media × Watch more Screens/TV × Play more computer games × Eat more × Eat junk food × Don’t eat × Go shopping (spend more than you should) × Stay up late × Sleep less × Turn towards friends who themselves use ‘away’ coping strategies × Skip school × Complain continually × Blame others × Avoid responsibility for your actions × Scream/yell at others × Play violent video games × Send mean messages on social media × Direct your anger/sadness at others in your life (such as family) × Bully others, push them down to raise yourself temporarily × Manipulate, insult, try to control others × Avoid other people or situations × Hide at home (or in your room) × Listen to angry music that fuel your thoughts of unsafe actions × Suppress your feelings, try to numb your pain × Smoke Cigarettes × Drink Alcohol × Take Drugs × Self-harm × Think of, or plan, revenge × Think of, or plan, suicide × Continue your negative thinking – focus on the problems