

130 POSITIVE COPING SKILLS

1. Take in the good
2. Listen to and trust your gut
3. Drop in to this moment
4. Notice your five senses
5. Use your grounding focal points
6. Capture your pleasant life moments
7. Resource yourself with HOT
8. Notice your basic needs
9. Get your fundamental needs met
10. Keep yourself safe, satisfied, and connected
11. Assess if you are HALT
12. Ride the waves
13. Manage your stress waves
14. Drop anchor
15. Listen to your wants and needs
16. Ask for what you want and need
17. Get your wants and needs met
18. Engage in self-care
19. Replace self-harm with self-care
20. Self-care isn't being selfish
21. Engage in self-compassion
22. Talk to yourself as you would your best friend
23. Care for your body as it is the only one you have
24. Nurture yourself as you would a pet
25. Your body, mind, well-being, and health are first
26. Surf the urges and fight triggers
27. Take ownership
28. Take responsibility
29. Set and meet deadlines
30. Be with and tolerate thoughts
31. Be with and tolerate feelings and emotions
32. Be in the now, the present, this moment
33. Love yourself
34. Trust the process
35. Don't get stuck in your stories
36. Take action
37. When in self-doubt, fake it till you make it
38. Create new stories
39. Play your happy jams
40. Create a new playlist
41. Don't stay stuck in the problem
42. Get into the solution
43. Be Velcro to the positive
44. Be Teflon to the negative
45. Don't believe everything you think
46. Turn off the to-do list
47. Structure your daily schedule
48. Replace worrying with caring and planning
49. Notice what you can and can't control
50. Don't get prickly
51. Take space from tech devices
52. STOP before you act on a thought or feeling
53. Take mindful downtime
54. Pain is inevitable
55. Persevere through adversity or difficult times
56. Listen to your gut
57. Easy does it
58. Little by slow
59. First things first
60. Be humble
61. Be honest
62. Be loyal
63. Be resilient
64. Be authentic
65. Halt your FEAR (false evidence appearing real)

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66. Take a mindful pause
67. Create a mindful bubble
68. Try being hopeful instead of being hopeless
69. Try doing something instead of doing nothing
70. Break things down into manageable pieces, steps, or parts
71. Make and follow an action plan
72. When needed, seek out and get professional help
73. Ask someone who is trustworthy for support or help
74. Hang out with your peeps or posse
75. Consider pros and cons
76. Consider the emotional cost
77. Protect yourself
78. Notice the source of the advice
79. Examine the proof
80. Learn from your past mistakes
81. Don't beat yourself up
82. No one will value you more than you value yourself
83. Get yourself out of a bad or harmful situation
84. Notice repeating patterns that are destructive
85. Stop engaging in patterns that are destructive
86. Say what you really think and feel
87. Be assertive
88. Use Mi- Messages to share how you feel
89. Think about what options you have
90. Play out the end of the movie
91. Plant seeds and pull weeds
92. Plan it out
93. Make the best of the situation you are in
94. Set boundaries when needed
95. Be creative
96. Be imaginative
97. Inspire yourself
98. Follow something that motivates you
99. Consider your choices
100. Acknowledge and remind yourself of your strengths, talents, and gifts
101. Celebrate being perfectly imperfect
102. Pat yourself on the back
103. Take breaks if you are working too long
104. Practice mindfulness
105. Be in an attitude of gratitude
106. Respect yourself and others
107. Ask others for help when needed
108. Pace yourself
109. Say NO when needed
110. Choose safety first
111. Seek understanding and create meaning
112. Accept diversity
113. If one way doesn't work, try another
114. Cry if you are sad and need to cry
115. If you are angry, breathe through it
116. Get out of and end bad relationships
117. Be for yourself
118. Don't hang with haters
119. Hang with people who nourish and support you, not those who drain and deplete you
120. Leave a bad situation
121. You can always choose to do something different
122. No one can take away your feelings
123. Sometimes a pain just wants to be heard
124. Pay attention to physical and mental red flags
125. Put your healing first
126. Protect your own values and opinions
127. Let things go
128. Take a break with the 3Bs: Body, Breathe, Begin
129. Change perspective: Zoom in and out
130. Rise strong and be a survivor