

COPING STRATEGIES

Creative Activities

- Journaling
- Adult coloring books
- Crotchet
- Arts and crafts
- Baking
- Poetry - writing or reading

Calm the Mind

- Deep belly breathing
- Counting to 10
- Guided imagery or meditation
- Grounding exercises
- Spending time in nature

Sensory Tools

- Listen to music
- Squeezing a stress ball or a comb
- Hold a comfort item

Physical Movement

- Dancing to music
- Stretching or yoga
- Going for a walk, run, or hike
- Swimming

Talking it Out

- Therapy
- Naming feelings out loud
- Adopting a mantra
- Using “I feel” statements to remember that feelings aren’t facts
- Calling a friend or loved one

Seek Community

- Group social activities
- Group therapy
- Exercise classes
- Facebook groups and other online support
- Call Sharsheret

Sharsheret is here for you in
The Waiting Room