

Coping Tools and Techniques

Appropriate for those of most ages.

- **ABC's grounding technique-** ID things within your environment that start with every letter of the alphabet.
- **Spot the rainbow-** ID things within your environment that are the color of the rainbow (red, orange, yellow, green, blue, purple, gray, brown, white, black).
- **Zoom out technique-** Pause and imagine you are zooming out to observe yourself from the height of an airplane in the clouds. ID sensations in body, ID feelings and ID thoughts. Check in with breathing.
- **HALT-** Check in with your body and see if you are experiencing hunger, anger, loneliness, or tiredness. These can heavily impact our emotional state.
- **Safe space technique-** Let your mind go down a staircase to a door that holds your metaphorical safe space. You can preface "this is a space that you can go and have complete say over what is there and what is not. Imagine what you see in this safe space, what you could feel, taste, hear, etc. Meditate and spend time in this visualized space.
- **Muscle Squeezes-** Helpful for racing hearts, lightheadedness and overwhelm. Squeeze your muscles with moderate intensity and hold for 5 seconds, then release. Start at your toes, then ankles, knees, tummy, fists, palms, shoulders, and last the face. Face is optional.
- **1-10 breathing-** Breathe in for 1 second, hold for 1 second, let out your breath for 1 second. Repeat until you get to breathing in for 10 seconds, holding for 10 seconds, and releasing your air for 10 seconds (or as close to 10 as you can get comfortably).
- **Square breathing-** Breathe in for 4 seconds, hold for 4 seconds, and release for 4 seconds.
- **Rollercoaster Breathing-** Stretch out one hand and use a finger from the other hand to trace up and down between the fingers of your outstretched hand. Moving slowly, breath in as your finger traces up your fingers, and release your breath when your finger traces downward.
- **Drink very hot or very cold liquid-** Bonus points if the liquid is sour like lemonade.
- **Chewing spicy or sour gum and/or mints**
- **Exercising for quick, but intense intervals-** Sprints, wall push-ups, bouncing on trampoline, burpees, squats, etc. Engage in the activity for 30 seconds to 2 minutes consistently.
- **Listening to music and hum-** Hum along consistently for at least 3-10 minutes. Stimulates our Vagus nerve.
- **Changing the channel-** Imagine you are holding an invisible remote control. Then envision that your mind holds a TV that depicts what thoughts you are having. With this control, encourage yourself to change the channel in your mind to something you enjoy thinking about such as a favorite TV show, favorite activity, planning a yummy meal, a hobby or good memory, etc.
- **Shields up-** This is a guided imagery technique to utilize imagining having a forcefield surround yourself that keeps you safe. I encourage you to envision the color of this shield, what it's made of, etc. You can put your shield up whenever you feel vulnerable, unregulated, or overstimulated.
- **Deep pressure activities-** Engages the sensory system to further aid in regulating emotional states and well-beings. This full list is available at request.