

# 6 Key Faith Based COPING SKILLS

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## Distraction

Puzzles, cleaning, crafts, Computer, Pokémon Go, TV, Netflix, Reading, Gardening, art, learn something, blogs, Instagram, letter writing

### PROS

Gives heart & mind a break  
Short Term relief  
Great to get through a crisis

### CONS

Cannot do for too long  
Does NOT resolve underlying issues  
Meds can make it hard to focus

## Emotional Release

Exercise, yell, scream, run, shower, Dance, sing loudly, relay races, jump on bed, pop balloons, punch pillow, Bike ride, cry, belly laugh, jump rope

### PROS

Releases Stress & strong emotion  
Great for anger management  
Helps with Fear, guilt, shame

### CONS

Hard to do in public  
May feel unnatural or odd  
Too lazy or worn out to make effort

## Grounding

Yoga, Hiking, Scout Camp, Smells, Observe Nature, journals, meditate, Prayer, use senses, walk on grass barefoot, sounds, slowly chew food

### PROS

Reduces physicality of stress and anxiety, feel connected or part of a group, helps with numbness or apathy, feel peace and community

### CONS

Can be hard to take responsibility for your place in society, takes effort & time, your mind tries to stay disassociated to avoid real issue

## Reality Check

Thought challenge, is it reality or just a worry? Write down thoughts & read out loud- do they sound rational? Spend time doing what matters most. Does time reflect priorities?

### PROS

Helps shift long term negative thinking habits, Logic helps balance emotions, learn to solve own problems, realize you are okay, focus on what matters most

### CONS

Can be hard to if overly emotional, difficult if feel shame, no more group pity reward, no more excuses, may not seem logical at moment

 anxiety.depression.support

 The Healer's Art: Support Group for Anxiety, Depression, Bipolar, PTSD

 info@giantskeepcoming.com

## Access Higher Power

Positive affirmations, prayer, faith, journals, connection, belief in something greater than yourself, worship, listening, spirit, scriptures

### PROS

Great for guilt, shame, or grief, builds connections, learn to trust, understand purpose, ownership of life, mind/body/spirit connection

### CONS

May be hard to do at work or in public, feeling unworthy can make it difficult to accept love, may think it's easier to stay angry or judgmental

## Service

Smile, open doors, safe driving, physical labor, gifts, phone calls, food, humanitarian, cleaning, notes, volunteering, belong to organization

### PROS

Gets mind off self, realize your value and how can contribute, realize others value, social, friendship, calm energy

### CONS

May feel superficial, hard if fear rejection, hard to always be the giver, time & energy

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