

**10 COPING STRATEGIES
FOR TRAUMA AND
TRAUMATIC EVENTS
Checklist**

10 Coping Strategies For Trauma

Let's take a look at ten effective coping strategies you can use for relief.

Self-Care

- ✓ Stretching when you wake up
- ✓ Eating a healthy diet
- ✓ Meditation
- ✓ Exercise
- ✓ Stress management
- ✓ Taking care of your emotional and psychological needs
- ✓ Limit news consumption. While it's important to pay attention to what's going on in the world and your community, you don't have to be connected 24/7.
- ✓ Sleep Well
 - Get at least seven hours of sleep each night.
 - Stop consuming caffeine after 2 pm.
 - Avoid screens at least an hour before bed and try a deep breathing technique.
Don't force yourself to bed if you don't feel tired, try a relaxing activity to ease you into sleep-mode.
 - Journal to get rid of all the stressful thoughts roiling around in your head.

Calming Techniques

- ✓ Deep Breathing
- ✓ Mindfulness
- ✓ Meditation
- ✓ Muscle Relaxation
 - Tense and relax each muscle group throughout your body. particularly useful before bed.

Self-Monitoring

- ✓ Self-monitoring is an excellent habit to reduce stress and anxiety
- ✓ it's important to pay attention to your thoughts and emotions to make them more manageable. You can't address the emotions until you are more aware of the trauma or event that is causing these negative emotions.
- ✓ Self-monitoring is simply a way of increasing your awareness.

Social Support

- ✓ Social support is a crucial component in dealing with the negative emotions and effects of trauma.
- ✓ Helps you process your emotions and the situation and is an important part of the emotional validation process.
- ✓ If your social support structure doesn't feel sufficient, then it may be an indication you need further help. You may want to consider speaking to a medical professional for therapy or other solutions.

Distractions

- ✓ Sometimes focusing on a strong emotion can make you feel entirely out of control. When you're dealing with particularly strong emotions a short distraction may provide you with some much-needed relief.
- ✓ Short bursts of distraction may give you exactly what you need in that moment. The key is to choose healthy distractions versus alcohol for instance.
- ✓ Reading
- ✓ Playing games
- ✓ Watching a movie
- ✓ Engaging a habit
- ✓ Going out and being in nature
- ✓ Changing your environment
- ✓ Listen to music

- ✓ A home project
- ✓ Writing
- ✓ Helping someone else
- ✓ Any activity that allows you to submerge yourself and get lost in it

Self-Soothing

- ✓ Self soothing helps alleviate the stress and anxiety brought my trauma.
- ✓ A good way to self-soothe is to engage your five senses, for example:
 - Bubble baths (feel)
 - Herbal teas (taste)
 - Aromatherapy (smell)
 - Listening to your favorite band (hear)
 - Watching a sitcom (sight)

Expressive Writing

- ✓ A journal is an excellent way to express your feelings, work through your thoughts, and find a way to cope with the emotions you are experiencing.
- ✓ Journaling helps improve both your psychological and physical health.
- ✓ Writing helps you move beyond the trauma and improve your coping skills to boot.
- ✓ Writing is an excellent way to reduce the tension and anger you may feel following trauma.

A Support Group Related To The Trauma

- ✓ Seek help and support from people who have suffered the same trauma as you.
- ✓ Behavioral Activation
- ✓ Behavioral activation is a positive action you can take to tackle your trauma head-on. The idea behind it is to avoid isolation behind the depression caused by the trauma.

- ✓ Start by paying attention to when your mood dips or stress levels are at their highest point and what you're doing when it overwhelms you. Then, you use that information to plan physical activities or social situations to help you combat those overwhelming feelings of stress or mood swings that you know will come.

One Day At A Time

- ✓ Take it one step, one day, even one minute at a time.
- ✓ Take it easy, slow it all down, and remember you can only take one step at a time and you can only live one day at a time. Take today for today and leave the worries of tomorrow for tomorrow.
- ✓ For now, focus on what you can do right now.
- ✓ Know when rest and recovery are important and when your body tells you to rest make sure you listen.