

10 COPING STRATEGIES For Trauma And Traumatic Events

SELF-CARE

CALMING TECHNIQUES

Deep Breathing ♦ Mindfulness
Meditation ♦ Muscle Relaxation

SELF-MONITORING

A way of increasing your awareness.

SOCIAL SUPPORT

DISTRACTION

Reading/Work/Hobbies
A Home Project/Writing
Any activity that allows you to submerge
yourself and get lost in it for a while.

SELF-SOOTHING

Engage your five senses
Bubble baths (feel) ♦ Herbal teas (taste)
Aromatherapy (smell) ♦ Music (hear)
Watching a sitcom (sight)

EXPRESSIVE WRITING/JOURNALING

SUPPORT GROUP

BEHAVIORAL ACTIVATION

Pay attention to mood dips and for increased
stress, and you use that information to plan
activities to help you combat those
overwhelming feelings.

ONE DAY AT A TIME

One step. One day. When you are trying to
process trauma, your mind may feel as though
it's spinning out of control. Take it easy, and
remember you can only take one step at a time
and you can only live one day at a time.