

## **New Coping Skills - Ways of Thinking and Self Care**

- You can choose to believe/tell yourself that you are OK just the way you are, and that there are things that you wish to change.
- You can accept the world as it is, and still change certain things about yourself.
- When you change the way you think about a situation, you change the way you feel.

### **Distress Tolerance:**

1. Identify if the problem is your responsibility vs. someone else's and if yours, a step you can take toward solving it. It may be a process. Explore Pros/Cons of each:
  - Changing the situation
  - Changing the emotional response to the situation
  - Radical acceptance (allow the problem)
  - Stay upset, miserable
2. Find a distraction (use comparisons, hold ice, etc).
3. Choose a self-soothing technique (use the 5 senses).

### **Mindfulness** (increase awareness and discern: don't "absorb" whatever is going on.

1. Observe and describe facts (don't get emotionally engaged)
2. Learn to choose when to allow yourself to emotionally engage (lower plexi-glass) vs. disengage emotionally.

### **Meditation and Relaxation** (cultivates Wise Mind)

1. Find comfortable place/position
2. Remove distractions
3. Close eyes
4. Focus on breathing or one word (mantra), noticing thoughts when they come and letting them pass over you.

### **Practice combining Rational Mind with Emotional Mind to create Wise Mind.**

#### **Emotion Regulation:**

1. Treat            Physical Illness (dizzy, nauseous, headache)
2. Balance        Eating
3. Avoid mind-    Altering chemicals
4. Balance        Choice to relax vs. take some action
5. Get             Exercise