

Coping in the Moment

- Ground Yourself: Focus on hands/feet on a surface
- Breathe slowly & deeply (belly)
- Breathe out longer than in
- Use calming, positive self talk
- Press feet and/or hands
- Do chair push-ups
- Wiggle toes and/or fingers
- Look at 3 things
- Notice 3 properties about an object
- Look near & far 3x
- Get up & move for at least 3 minutes
- Hug someone for at least 10 seconds
- Hold your breath for 15 seconds and splash cold water on your face

