



EACH BRAIN MATTERS
THE CENTER FOR NEUROSCIENCES FOUNDATION

Mindful Minutes

Coping Mechanisms

Answer the next few questions in your journal about your own coping mechanisms and ways that you deal with stress...

Come up with a general list of the things in your life that stress you out.

Come up with a list of as many coping mechanisms as you can. Label each one as "Healthy" or "Unhealthy".

What are some ways that you deal with being upset or stressed out/what are your preferred coping mechanisms? Which are healthy, and which are unhealthy?

DIY Stress Ball

Step 1: Stretch out your balloon (simply blow it up for extra stretch)

Step 2: Stick a funnel into the neck of the balloon

Step 3: Slowly fill the balloon with rice

Step 4: Remove the funnel and let out as much air as you can

Step 5: Tie the neck of the balloon tightly

Step 6: Snip off the excess rubber

Step 7: Grab your second balloon and cover your first balloon

Step 8: Repeat with third balloon if necessary

Step 9: Voila! You've made yourself a squishy stress ball

Read through the different types of coping skills on the next page. Highlight, circle, or star your favorites. Which ones do you want to implement into your life?

TYPES OF COPING SKILLS



DIVERSIONS



- Write, draw, paint, photography
- Play an instrument, sing, dance, act
- Take a shower or a bath
- Take a walk, or go for a drive
- Watch television or a movie
- Watch cute kitten videos on YouTube
- Clean or organize your environment
- Read
- Take a break or vacation

COGNITIVE COPING



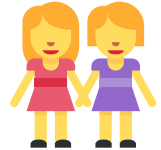
- Make a gratitude list
- Brainstorm solutions
- Lower your expectations of the situation
- Keep an inspirational quote with you
- Write a list of goals
- Take a class (exercise, yoga, art, etc.)
- Write a list of pros and cons for decisions
- Reward or pamper yourself when successful
- Write a list of your strengths

LIMIT SETTING



- Drop some involvement
- Prioritize important tasks
- Use assertive communication
- Schedule time for yourself

SOCIAL/ INTERPERSONAL COPING



- Talk to someone you trust;
- Set boundaries and say “no”
- Write a note to someone you care about
- Use humor
- Spend time with friends and/or family
- Serve someone in need
- Care for or play with a pet
- Role-play challenging situations with others

TENSION RELEASERS/ PHYSICAL COPING



- Exercise or play sports
- Engage in catharsis (yelling in the bathroom, punching a punching bag)
- Get enough sleep
- Eat healthy foods
- Get into a good routine
- Eat a little chocolate
- Limit caffeine
- Practice deep/slow breathing

SPIRITUAL



- Pray or meditate
- Take a hike or walk & enjoy nature
- Get involved in a worthy cause