



Coping Strategies

This list provides you with a wide range of coping strategies to choose from, to help you build a toolbox of techniques that can be employed in various situations to enhance their well-being and manage stress effectively. You can use this list to help set goals for your well-being.



EMOTIONAL REGULATION

Practice mindfulness meditation to stay present and reduce emotional reactivity

Write down your emotions and explore their causes and triggers

Use progressive muscle relaxation to release physical tension associated with emotional stress

STRESS MANAGEMENT

Use deep breathing techniques to reduce stress and anxiety

Incorporate regular physical activity into your routine to manage stress

Break down problems into manageable steps and create action plans

Implement time management strategies to reduce stress related to responsibilities

PERSONAL GROWTH

Set realistic and achievable goals to work towards

Continuously seek opportunities for personal growth and education through books, videos, classes, etc

Find times to reflect on your sense of purpose and find ways to cultivate it in daily life

SLEEP HYGIENE

Establish a bedtime routine and create a sleep-conducive environment

Learn techniques to improve sleep quality such as listening to meditations, adjusting room temperature, using sense of smell and touch.

SELF-COMPASSION

Practice self-compassion by acknowledging your emotions and responding nonjudgmentally

Identify self-care activities you enjoy and schedule regular self-care time

Establish and maintain healthy boundaries in your relationships to reduce stress

SEEKING SUPPORT

Reach out to friends and loved ones for emotional support when you can

Don't hesitate to seek professional guidance when facing mental health challenges

Think outside the box: join interest groups or online discussions (safely)

RELAXATION TECHNIQUES

Use guided imagery to relax and visualize positive outcomes. YouTube is a great resource for this

Explore the calming effects of essential oils and aromatherapy or find different ways to engage your senses

Listen to soothing music to reduce stress and improve mood

FINDING FULFILLMENT

Dedicate time to hobbies and interests that bring you joy no matter how big or small.

Explore new interests and passions to find fulfillment. Become curious about things outside your comfort zone.

CULTIVATING PURPOSE

Periodically evaluate your overall quality of life and identify areas for improvement

Strive to maintain a balanced life that addresses physical, emotional, social, and intellectual needs