

Just Breathe

Healthy Ways to Cope with Stress



Coping Alternatives

Here are some more positive methods of dealing with your emotions and stress, rather than turning to Eating Disorder Behaviours. Use the ideas below, and your own ideas, to make a coping bank, a list of ideas that you can turn to when you feel stressed out or down.

- Take care of yourself
- Get plenty of sleep
- Give yourself a break if you feel stressed out
- Talk to others. Share your problems and how you are feeling and coping with a parent, friend, counselor, doctor, or pastor
- Write down your feelings or write in a journal
- Listen to music
- Colour, doodle, draw, paint
- Take a bath
- Laugh, or cry if you need to, let it out
- Go out with a friend or family member (shopping, movie)
- Do something out of the ordinary
- Do something new and exciting
- Garden
- Go for a drive
- Go for a walk
- Spend time with your pet
- Read a book
- Plan a vacation
- Practice deep breathing, meditation, or muscle relaxation
- Seek counselling if you continue to struggle with stress
- Practice positive self-talk
- Take a deep breath, count to 10

*Rest
Relax
Refresh*

- Go to your favourite place (beach, park, woods,)
- Say something good about yourself
- Do a random act of kindness
- Stay in touch with others through contact – don't isolate yourself
- Watch a favourite TV show
- Dance
- Plan a dream vacation
- Complete something you've been putting off
- Take up a new hobby
- Create or build something
- Make a list of things you are thankful for
- Try to make as many words out of your full name as possible

Grounding Methods

Ideas for when you feel out of control, are having a flashback and/or need grounding...

- Remind yourself "I'm going to be ok" this is a normal part of the recovery process
- Count up 1 to 10 then back 10 to 1
- Say out loud things you see and smell
- Touch the wall, the floor and objects close to you
- Call someone on the phone
- Walk around and watch your own feet, listen to the sound
- Listen to yourself breathe – do deep breathing
- Listen to music and count the beats
- Don't be afraid to **ask for help**
- Visualize the memory as an object and put it "away" (for example, the memory is a blue rubber ball and you put it in a toy box)
- Focus on details...leaves on trees, blades of grass, fibers in carpet
- Call your therapist
- Fight the voices – change the negatives to positives
- Make a list of things to do
- Say what you feel out loud
- Change your environment – walk out of the room, touch something different, change the sounds around you (put on music, turn on the tv), smell something different
- Say out loud "I am here right now" ... assure yourself that this is a normal process for you
- Do self-affirmation...read books, listen to tapes and write down good things about yourself
- Identify your triggers