

## Healthy Ways to Cope with Stress

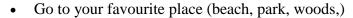


## **Coping Alternatives**

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

Sourced From: http://www.something-fishy.org/reach/waystocope.php



- 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

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