

# Coping Skills Inventory –My Rock Pile of Resources

How often do you brush, floss for good oral hygiene? What about your mind/body/spirit/relationships?

**Mindful, Spiritual Routines** to revitalize mind/body/spirit

- Something mindful, ie yoga, meditate, martial arts, ~awareness of breath**
- Quiet time, 5+ min fresh air, focus on breath as waves, yantra etc
- Pets/nature time (lowers blood pressure)
- Making/listening to music, doing art, dance or something expressive, etc
- Volunteer, helping others
- Something spiritual – prayer, church, temple, meditation group etc
- Other

**Practical Self-Care Routines** to support our mind, psychological well-being etc

- Schedule self-care time** (ie. hobby, exercise, counseling etc)
- Start/schedule new 'doable' goal
- Weekly, daily distracting/fun/relaxing/healthy stuff
- Making, eating food
- My time with My friends
- Other

**Interpersonal Routines** to support our relationships, home

- Talking to someone supportive/who just listens/therapist** etc
- Us/Family time: daily, weekly, monthly, yearly routine, traditions etc
- Finding out more information, support lines, resources etc
- Being around others/friends/group sports, hobbies etc
- Chores/job
- Other

**Safety Routines** to support our body

- 20 min cool-down, go to your chill out spot**
- Closing eyes (beta busy brain wave to calming alpha state) lying down
- Listen to calm music, white noise etc
- Cold water/towel on face/shower/bath etc
- Immediate relaxing, distracting activity, food, water, tea etc \_\_\_\_\_
- Make room comfortable (ie AC, dim lights etc)
- Meditate, deep breathing, visualization, tense and release exercises
- Count to 10/10 deep breaths – Vagus Nerve X
- Replacement thought- small stuff important, silver lining, how overcame past hardship, positive mantra 'There is a solution', 'I can do this' etc.
- Defense mechanisms: OK but what are they protecting?
- Support lines, online resources
- Other

