

Coping Skills Resource

- Tapping Spots: Karate Chop, On top the head, in between eyes, under the nose, on the chin, collar bones, armpit. Rate yourself on a scale of 1-10, use affirmations: Even though I feel “this emotion” I deeply and completely accept myself, I am safe, I am calm, etc.
- Flower Breath: Imagine you are holding a flower in your hand. Take a deep breath in and smell the flower and then as you let it out pretend that you are blowing out a candle. Smell the flower, blow out the candle.
- Cat Hiss: Take a deep breath in through the nose, and breathe out with a cat hiss. It gets you out of your head, it is fun and it usually can end in laughter.
- Bear Breath: Imagine a bear that is hibernating. Take a snore in, hold it for 2 seconds and then exhale out.
- Bunny Breath: When you think about bunnies you think about their little noses. Take 3 quick sniffs in and one long exhale out.
- Snake slither: Take a deep breath in and make the sssssss.... sound out like a snake.
- Shake stuck points: chest, stomach, lower & upper back, shoulders, neck, jaw/face muscles, head-spider at your stuck point you have to shake off w/out touching. Animals shake after being hunted: flight, freeze, flight- helps to release stress hormones like adrenaline & cortisol
- Go spaghetti
- Twinkle Twinkle
- Tension & Trauma Releasing Exercises (TRE) (youtube exercises)
- Tippy toes up and down to your heels for 30 seconds
- Massage ears
- Rub your palms together
- Hug yourself
- Body Awareness: Resistance Stretching, making Shapes with your body: Square, circle, diamond, move muscles slowly, actually holding stretches 45 sec or more, stretching with intention
- Mindfulness: trace hands, figure 8, holding ice in your hand and let it melt

Anger/Big Emotions

- Throw ice on the ground
- Tear paper/newspaper/rip leaves/grass
- Throw rocks in the water (safely, a place without people)
- Throw paper balls
- Scribble
- Stomp on leaves
- Catch & release, fist, breathe, catch the anger and release it