

SENSORY & GROUNDING COPING SKILLS

S L O W M O V E M E N T

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|--|---|--|
| <input type="checkbox"/> Walk barefoot on grass | <input type="checkbox"/> Take a warm shower and name sensations | <input type="checkbox"/> Press palms together for 10 seconds |
| <input type="checkbox"/> Progressive Muscle Relaxation (PMR) exercises | <input type="checkbox"/> Change clothes into something softer or looser | <input type="checkbox"/> Wall sit or gentle squat |
| <input type="checkbox"/> Jump rope or jump up & down | <input type="checkbox"/> Brush hair slowly or use a soft brush on arms | <input type="checkbox"/> Stretch arms overhead and notice length |
| <input type="checkbox"/> 10 minute walk/run | <input type="checkbox"/> Slow neck or shoulder rolls | <input type="checkbox"/> Rock slowly back and forth |
| <input type="checkbox"/> Yoga/stretching/pilates | | |

S T I L L & L O W E N E R G Y

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| <input type="checkbox"/> Breathing exercises <ul style="list-style-type: none"> ◦ Box breathing ◦ 4-7-8 breathing ◦ Belly breathing ◦ Guided breathing | <input type="checkbox"/> Sit in the sun | <input type="checkbox"/> Listen to 8D music or soothing music |
| <input type="checkbox"/> 5-4-3-2-1 Exercise <ul style="list-style-type: none"> ◦ 5 things you can see ◦ 4 things you can feel ◦ 3 things you can hear ◦ 2 things you can smell ◦ 1 thing you can taste | <input type="checkbox"/> Wrap up tightly in a blanket (deep pressure) | <input type="checkbox"/> Meditate |
| <input type="checkbox"/> Listen to a familiar podcast or audiobook | <input type="checkbox"/> Put your feet on the floor & press them down | <input type="checkbox"/> Imagine your favourite place |
| <input type="checkbox"/> Put one hand on your chest and listen to your breath | <input type="checkbox"/> Run hands under warm then cool water | <input type="checkbox"/> Name 5 things you can see (slowly) |
| <input type="checkbox"/> Place one hand on your body and notice contact | <input type="checkbox"/> Curl up in bed | <input type="checkbox"/> Look for a specific colour in the room |
| <input type="checkbox"/> Describe the room as if to someone else | <input type="checkbox"/> Drink some cold water | <input type="checkbox"/> Watch clouds, trees, or rain |
| | <input type="checkbox"/> Take a shower/bath | <input type="checkbox"/> Play white noise or rain sounds |
| | <input type="checkbox"/> Splash cold water on your face | <input type="checkbox"/> Step outside briefly and notice the air |
| | <input type="checkbox"/> Hug a pillow or stuffed toy | <input type="checkbox"/> Say your name, age, and where you are |
| | <input type="checkbox"/> Sit against a wall | <input type="checkbox"/> Name today's date and time of day |
| | <input type="checkbox"/> Lie on the floor | |
| | <input type="checkbox"/> Touch something near you and name its texture | |
| | <input type="checkbox"/> Sit near a heater or fan | |

T H I N G S T H A T R E Q U I R E T H I N G S

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|--|---|--|
| <input type="checkbox"/> Suck or hold an ice cube | <input type="checkbox"/> Hold a warm wheat pack or cold pack (over clothes) | <input type="checkbox"/> Use hand lotion or body scrub |
| <input type="checkbox"/> Eat sour candy | <input type="checkbox"/> Play with kinetic sand, slime, or putty | <input type="checkbox"/> Fidget toys |
| <input type="checkbox"/> Eat spicy food | <input type="checkbox"/> Light a candle/incense | <input type="checkbox"/> Stress ball |
| <input type="checkbox"/> Eat a lemon slice | <input type="checkbox"/> Get a massage | <input type="checkbox"/> Chew gum |
| <input type="checkbox"/> Eat ginger | <input type="checkbox"/> Have a hot drink | <input type="checkbox"/> Smell coffee, tea, or spices |
| <input type="checkbox"/> Drink a really fizzy drink | <input type="checkbox"/> Hold a warm mug and notice the heat | <input type="checkbox"/> Essential oils (lavender, citrus, eucalyptus) |
| <input type="checkbox"/> Hold something with weight (book, mug, stone) | | |

OTHER COPING SKILLS

SHIFT YOUR FOCUS

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| <input type="checkbox"/> Draw/paint/colour by number | <input type="checkbox"/> Make a blanket fort | <input type="checkbox"/> Go for a walk |
| <input type="checkbox"/> Take a nap/go to bed | <input type="checkbox"/> Grab a snack | <input type="checkbox"/> Sing or play an instrument |
| <input type="checkbox"/> Listen to music | <input type="checkbox"/> Wash your hair | <input type="checkbox"/> Paint your nails |
| <input type="checkbox"/> Clean or organise a space | <input type="checkbox"/> Blow bubbles | <input type="checkbox"/> Bake/cook something |
| <input type="checkbox"/> Play a computer/phone game | <input type="checkbox"/> Make a list of things that make you happy | <input type="checkbox"/> Dance to music |
| <input type="checkbox"/> Read a book | <input type="checkbox"/> Watch TV | <input type="checkbox"/> Do something nice for someone else |
| <input type="checkbox"/> Listen to podcasts | <input type="checkbox"/> Mindful eating/walking/writing | <input type="checkbox"/> Scroll Pinterest/Substack |
| <input type="checkbox"/> Count backwards from 500 | <input type="checkbox"/> Pick a subject and research it | <input type="checkbox"/> Create a coping skills toolbox |
| <input type="checkbox"/> Category game (a word for each letter A-Z) | <input type="checkbox"/> Chose an object and write a detailed description of it | <input type="checkbox"/> Play solitaire |
| <input type="checkbox"/> Watch funny videos on YouTube | <input type="checkbox"/> Tidy a room or sort something | <input type="checkbox"/> Check out Recovery Ideas for more distractions |

CONNECTION & SUPPORT

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| <input type="checkbox"/> Call a friend/safe person | <input type="checkbox"/> Join a sports/hobby group | <input type="checkbox"/> Ask for a distraction rather than support |
| <input type="checkbox"/> Call a helpline | <input type="checkbox"/> Attend a peer support group | <input type="checkbox"/> Say "Can you keep me company for a bit?" |
| <input type="checkbox"/> Text a friend | <input type="checkbox"/> Reach out to a clinician | <input type="checkbox"/> Message someone just to chat about neutral topics |
| <input type="checkbox"/> Hug a safe person/animal/toy | <input type="checkbox"/> Cook or eat alongside someone | <input type="checkbox"/> Do a puzzle or craft with someone |
| <input type="checkbox"/> Watch a show "together" (same time, separate places) | <input type="checkbox"/> Play with a pet | <input type="checkbox"/> Go for a short walk together |
| <input type="checkbox"/> Sit in the same room as someone (no talking needed) | <input type="checkbox"/> Visit a friend | |
| <input type="checkbox"/> Sit at a café or library together | <input type="checkbox"/> Volunteer | |
| <input type="checkbox"/> Study or work in the same space | <input type="checkbox"/> Play a game together (online or in person) | |

CHANGE OF SCENE

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| <input type="checkbox"/> Go to the movies | <input type="checkbox"/> Have a solo picnic | <input type="checkbox"/> Visit a quiet museum or gallery |
| <input type="checkbox"/> Go to a local library | <input type="checkbox"/> Go window shopping | <input type="checkbox"/> Sit in a place with background noise (food court, lobby) |
| <input type="checkbox"/> Visit an animal shelter | <input type="checkbox"/> Go people watching | <input type="checkbox"/> Go to a public building just to sit (town hall, uni building) |
| <input type="checkbox"/> Find a safe space to sit | <input type="checkbox"/> Find somewhere to be alone | <input type="checkbox"/> Sit under a tree |
| <input type="checkbox"/> Go to a local park | <input type="checkbox"/> Sit by water (river, lake, ocean) | <input type="checkbox"/> Browse a supermarket slowly |
| <input type="checkbox"/> Sit in a different room in your home | <input type="checkbox"/> Sit in a shopping centre | <input type="checkbox"/> Sit in a waiting area or lobby |
| <input type="checkbox"/> Sit on a bench and scroll or listen to music | <input type="checkbox"/> Go to a cafe | <input type="checkbox"/> Visit a garden centre or nursery |
| <input type="checkbox"/> Ride public transport for a few stops | <input type="checkbox"/> Go to a safe person's house | <input type="checkbox"/> Browse an op shop |
| <input type="checkbox"/> Sit in a car with the radio on | <input type="checkbox"/> Go for a walk | |
| <input type="checkbox"/> Visit a bookstore | <input type="checkbox"/> Walk a different route than usual | |
| | <input type="checkbox"/> Move to a space with natural light | |

OTHER COPING SKILLS

EXPRESS & RELEASE

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| <input type="checkbox"/> Scream into a pillow | <input type="checkbox"/> Break old dishes | <input type="checkbox"/> Bang pots & pans |
| <input type="checkbox"/> Cry | <input type="checkbox"/> Smash fruit with a hammer/bat | <input type="checkbox"/> Throw darts. |
| <input type="checkbox"/> Shred a piece of paper | <input type="checkbox"/> Punch pillows | <input type="checkbox"/> Play handball or tennis. |
| <input type="checkbox"/> Journal | <input type="checkbox"/> Throw/skim rocks | <input type="checkbox"/> Draw messy lines or scribbles (no goal) |
| <input type="checkbox"/> Write poetry | <input type="checkbox"/> Run/sprint | <input type="checkbox"/> Paint with hands or sponges |
| <input type="checkbox"/> Write a gratitude list | <input type="checkbox"/> Wall push-ups or plank against a wall | <input type="checkbox"/> Write a letter you don't send (then tear it up) |
| <input type="checkbox"/> Name the emotion | <input type="checkbox"/> Shake your whole body for 30–60 seconds | <input type="checkbox"/> Write exactly what you wish you could say |
| <input type="checkbox"/> Brainstorm the problem | <input type="checkbox"/> Yell or sing at the top of your lungs | <input type="checkbox"/> Create a “vent page” — one page, no rereading |
| <input type="checkbox"/> Throw ice into the bathtub or against a brick wall hard enough to shatter it. | <input type="checkbox"/> Write down a list of your values | <input type="checkbox"/> Jump, pace, or march in place |
| <input type="checkbox"/> Sigh exaggeratedly several times | <input type="checkbox"/> Hit an empty plastic bottle on cushions | <input type="checkbox"/> Rip fabric scraps or old clothes |
| <input type="checkbox"/> Read something out loud with emotion | <input type="checkbox"/> Boxing/hitting a punching bag | <input type="checkbox"/> Snap sticks or dry branches |
| <input type="checkbox"/> Talk to an empty chair like someone is there | <input type="checkbox"/> Pick up a stick and hit it against a tree | <input type="checkbox"/> Pop bubble wrap |
| <input type="checkbox"/> Record a voice note saying everything you won't send | <input type="checkbox"/> Slam a pillow onto the floor | <input type="checkbox"/> Smash cardboard boxes |
| <input type="checkbox"/> Sing aggressively or dramatically | <input type="checkbox"/> Rip up an old book | <input type="checkbox"/> Collage images that match the feeling |
| <input type="checkbox"/> Stomp around | <input type="checkbox"/> Exercise | |
| <input type="checkbox"/> Use colours to show intensity (no shapes needed) | | |

OTHER

- Thought challenge - write down thoughts and think about what you would say to someone you care about if they were having those thoughts
- Problem solving - identify the problem as clearly as possible, generate possible solutions, evaluate the alternatives, decide on and implement a solution
- Seek professional help - reach out to your GP, psychologist, psychiatrist or other trusted clinician
- Set aside some time to write down a brain dump
- Identify triggers
- Check your safety plan or coping skills list
- Positive affirmations
- Write a letter to your younger or future self
- Talk yourself through the moment