



# Building your Toolbox: Coping Suggestions

It is important to find what works for you!

## **Breathing**

Box Breathing, deep breathing, 4-7-8 breathing, bumblebee breathing

## **Grounding Exercises**

5,4,3,2,1 (see, feel/touch, hear, smell, taste), visual dissection (what colours, shapes, etc. do you see), describe your surroundings, what do you see, hear smell, etc, visualize your "happy spot" (what does it look like, sound like, smell like).

## **Meditation**

Pray, try a guided meditation for just a few minutes. It is important to start for a short period of time if it is your first time meditating and try to be patient with yourself.

## **Move your body**

Stand up, stretch, go for a walk/jog/run, intentional body movement.

## **Play a memory game**

## **Listen to music**

Sing along to some of your favorite music, listen to music that calms you.

## **Feel your body**

Sitting or standing, focus on how your body feels from head to toe, noticing each part. Can you feel your hair on your shoulders or forehead? Glasses on your ears or nose?

## **Do something you like to do**

Read, watch a movie or TV show, listen to music, paint, colour, have a relaxing bath, etc.

## **Journal**

Gratitude journaling, writing out goals, making lists

## **Take care of yourself**

Don't be afraid to set healthy boundaries, do you need a snack? Water?

e. [samantha@oakandacorntherapy.com](mailto:samantha@oakandacorntherapy.com)

p. 1 (825) 602-5376

[www.oakandacorntherapy.com](http://www.oakandacorntherapy.com)