



ANXIETY, MENTAL HEALTH, STRESS

50 POSITIVE COPING SKILLS FOR ANXIETY AND STRESS

Tati

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Coping Skills That Are FREE

Every single person has bad days or bad moments where it can feel difficult or debilitating to stick with your normal routine or take care of yourself. Coping skills for anxiety and stress can help give you a way of processing your emotions, or create a positive experience that can stop you from negative [overthinking](#).

What Are Coping Skills?

According to Wikipedia:

“coping means to invest own conscious effort, to solve personal and interpersonal problems, in order to try to master, minimize or tolerate stress and conflict.”

[https://en.wikipedia.org/wiki/Coping_\(psychology\)](https://en.wikipedia.org/wiki/Coping_(psychology))

There are both positive and negative techniques for coping. Learn more about negative/unhealthy coping skills in more detail by [clicking here](#).

Positive coping skills for anxiety and stress can include:

- Processing or releasing your difficult emotions
- Practicing positive self-care techniques
- Creating positive emotional experiences to change negative or obsessive thought patterns.

Sometimes it is easy to take the next easiest step down the ladder emotionally. For example, if you are very overwhelmed, stressed, or anxious, you may not yet feel ready to process what you are feeling. It may be easier for you at that time to distract yourself with something positive or practice self-care.

Scan the below list when you are feeling anxious, stressed, or having a bad mood and identify what feels best for you- not what you feel like you *should* be doing.

50 Positive Coping Skills For Anxiety And Stress

1. Write your thoughts/feelings in a journal
2. Play an instrument
3. Listen to music– lay back or sit down and just focus on the music and nothing else
4. Write a story
5. Write a letter to the person you are stressing over (you don't have to actually send it)
6. Eat a healthy and nutritious meal or snack
7. Go for a walk
8. Go to the gym
9. Exercise at home
10. Do yoga
11. Meditate
12. Take some deep breaths

13. Stretch
14. Watch a feel-good movie or TV show
15. Read
16. Take a social media detox
17. Paint/draw/color
18. Crochet/knit/sew
19. De-clutter or clean your living space
20. Go for a bike ride
21. Go to the park
22. Have a picnic
23. Listen to a podcast
24. Spend time playing with a pet
25. Spend time with family
26. Spend time with a friend or significant other
27. Vent to a close friend or family member
28. Schedule an appointment for therapy
29. Practice mindfulness– being fully aware in the present moment
30. Slow down– approach the tasks you normally have to do with a calm and slow attitude
31. Go for a relaxing drive
32. Sit outside and take in the sunlight- on a balcony, deck, porch, backyard, etc.

33. Do your nails/hair/makeup
34. Take a day for self-care
35. Do anything creative
36. Take photos and/or edit them
37. Shoot and edit a video
38. Make a vision board of things you love (online or by cutting and gluing things from magazines/print-outs)
39. Put your to-do list on pause
40. Take a mental health day off from work
41. Reorganize your belongings
42. Redecorate/rearrange your room
43. Do a face mask
44. Take a relaxing bath
45. Write down the things that are stressing you out that you have no control over and rip them up and throw them in the garbage- practice letting go
46. Create a list of positive affirmations for yourself
47. Garden– tend to your plants inside and/or outside your living space
48. Practice gratitude– make a list of the things you are grateful for
49. Practice compassion– be kind to yourself during the times when you are struggling, notice and change critical or judgmental thoughts
50. Practice acceptance– accept the emotions you are experiencing not as good or bad, but just as part of your experience- they will eventually pass

Coping With Grief: 7 Things to Remember When Dealing with Loss

By Meredith BegleyFriday, March 1, 2019

Grief can feel consuming, but it doesn't last forever.

Summary

Although there is no quick fix for grief, there is time-honored wisdom that can help you move through it.

One of life's most difficult experiences is losing a loved one. It would be somewhat easier if grief followed a linear path, with stages that neatly fit into boxes. But big feelings can emerge all throughout the grieving process.

While emotions can be consuming, they are not permanent states. Experts across Memorial Sloan Kettering share insights into the grieving process and ideas to keep in mind when you feel overwhelmed.

1. It won't feel like this forever.

MSK bereavement counselor [Kimarie Knowles](#) likens grief to waves cresting and then crashing at the shore. "Part of what people find helpful is riding the wave," she says. "Understand it's coming up, try to find support, take care of yourself, and allow it to go."

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2. You can handle it, even when you feel like you can't.

It's human nature to want to avoid painful experiences. When we lose someone important to us, we may feel like we won't be able to cope with the pain of grief. But "we only learn about our capacity to handle things by moving through them," says [Wendy Lichtenthal](#), Director of MSK's [Bereavement Clinic](#). When we try to stifle or avoid our feelings, they can come on that much stronger when something triggers them, she says. Making space to experience painful emotions allows us to practice our resilience and grow our own internal resources.

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3. Be gentle with yourself.

"Grief is exhausting," says Reverend Jill Bowden, Director of [Chaplaincy Services](#) at MSK. She suggests caring for your body during periods of intensive stress. Carve out time for naps, eat nourishing foods, and drink plenty of water. Alcohol and sugar may seem like quick fixes, but they can actually have the opposite effect.

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4. Think in cycles, not lines.

If you reach a point where you're feeling good only to feel bad again, it's not a sign that you've relapsed or gotten worse. It's how grief works, and it's actually forward movement. "People will say, 'I was walking down the street and all of a sudden I started to cry, and yet, and I had been feeling calm,' " says MSK bereavement counselor [Susan Glaser](#). "I try to reframe that. Grief is a series of loops. You can circle back to where you were some time ago."

Wendy Lichtenthal *psychologist*

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5. Your feelings are normal.

"The pain of grief itself is hard enough to tolerate," says Ms. Knowles. "What can make it more challenging is when you or other people around you tell you what you should or shouldn't do." Allow yourself to feel whatever it is you feel: anger, sadness, even relief. The emotions that accompany grief are all valid, adds Dr. Lichtenthal. "Everyone comes to their loss experience with their own story, their own unique context and meaning," Dr. Lichtenthal says. "Whatever they are feeling at a given moment, it always makes sense."

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6. Grief can beget meaning.

There's no getting over the loss of a loved one. Instead, says Ms. Glaser, you can find ways to incorporate the loss into your life as you move forward. Grief is a natural response to loving someone. Though we all have past experiences that may influence how we see ourselves, grief provides an opportunity to reflect on what matters most to us.

Dr. Lichtenthal highlights the importance of connecting to what gives you a sense of meaning to help co-exist with grief. She explains that these sources of meaning are a reason to step out into life each day, despite the pain you might be experiencing. Among these touchstones might be a reflection about the person you want to be in the face of life's challenges. Considering the choices you have in *how* you face suffering can be a powerful exercise.

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7. You're not alone.

At MSK, support is here for as long as you need it. "What we want people to know is that we're still here after a loved one dies," Dr. Lichtenthal says. MSK provides specialized care for grieving family members and friends, in both group and individual settings.

Anger Iceberg

In some families, anger is seen as more acceptable than other emotions. A person might express anger in order to mask emotions that cause them to feel vulnerable, such as hurt or shame.

Anger triggers are people, places, situations, and things that set off anger. Your triggers can provide clues about the emotions behind your anger.

Anger is an emotion that tends to

Anger may be fueled by different emotions that are not easy to see. However, anger is often just the tip of the iceberg.

Other emotions may be hidden beneath the surface. Sometimes, however, anger is just anger.

ANGER

SADNESS

DISAPPOINTED

LONELY

OVERWHELMED

EMBARRASSED

HURT

HELPLESS PAIN

FRUSTRATED

INSECURE HUNGRY

GRIEF

ANXIETY

STRESS THREATENED TIRED

CONTEMPT GUILT

JEALOUS

SCARED

SHAME

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Mindfulness Meditation

The goal of **mindfulness meditation** is simple: to pay attention to the present moment, without judgement. However, as you practice, you'll find that this is easier said than done.

During mindfulness meditation, you will focus on your breathing as a tool to ground yourself in the present moment. It's normal that your mind will wander. You'll simply bring yourself back into the moment by refocusing on your breathing, again and again.

Follow the instructions below to begin practicing mindfulness meditation.

Aim to practice **daily** for **15-30 minutes**. More frequent, consistent, and longer-term practice leads to the best results. However, some practice is better than no practice.

Find a time and place where you are unlikely to be interrupted. Silence your phone and other devices, and set a timer for your desired practice length.

❖ Sit in a chair, or on the floor with a cushion for support. ❖ Straighten your back, but not to the point of stiffness. ❖ Let your chin drop slightly, and gaze downward at a point in front of you. ❖ If in a chair, place the soles of your feet on the ground. If on the floor, cross your legs. ❖ Let your arms fall naturally to your sides, with your palms resting on your thighs. ❖ If your pose becomes too uncomfortable, feel free to take a break or adjust.

Because the sensations of breathing are always present, they are useful as a tool to help you focus on the present moment. Whenever you become distracted during meditation, turn your focus back to breathing.

Notice the sensation of air as it passes through your nose or mouth, the rise and fall of your belly, and the feeling of air being exhaled, back into the world. Notice the sounds that accompany each inhalation and exhalation.

It's normal that your thoughts will wander during mindfulness meditation. At times, it might feel like a constant battle to maintain focus on your breathing. Don't worry—that's normal. Instead of struggling against your thoughts, simply notice them, without judgment. Acknowledge that your mind has wandered, and return your attention to breathing. Expect to repeat this process again and again.

NJ Teen Help Hotline - Confidential hotline that provides assistance to teens via text or phone. **888-222-2228** or **<https://www.2ndfloor.org/>**

Disaster Distress Hotline - National 24/7 hotline dedicated to providing immediate crisis counseling for people who are experiencing emotional distress related to any natural or human-caused disaster **1-800-985-5990** or **text TalkWithUs to 66746**

New Jersey Hopeline - 24/7 peer support and suicide prevention hotline **1-855-654-6735** or **text njhopeline@ubhc.rutgers.edu**

SAMHSA Helpline - 24/7 Information resources for individuals facing mental and/or substance use disorders. Provides referrals to local treatment facilities, support groups **1-800-662-4357**

Parents Helpline - If you're feeling stressed out, call the Family Helpline and work through your frustrations before a crisis occurs. You'll speak to sensitive, trained volunteers of Parents Anonymous who provide empathic listening about parenting and refer you to resources in your community. **1-800-THE-KIDS** or **1-800-843-5437**

NJ Mental Health Cares- NJ referral assistance for behavioral health concerns **1-866-202-HELP**

HELPLINES

ADDICTIONS HOTLINE OF
NJ **1-800-238-2333**

CATASTROPHIC ILLNESS IN CHILDREN RELIEF
FUND **1-800-335-FUND (1-800-335-3863)**

COMMISSION FOR THE BLIND & VISUALLY IMPAIRED (CBVI)
HOTLINE **1-877-685-8878**

CHILD CARE
HELPLINE **1-800-332-
9227**

CHILD SUPPORT HOTLINE **1-877-NJ KIDS1 (1-877-655-4371)**

DISASTER MENTAL HEALTH **1-877-294-HELP (1-877-294-4357) 1-877-294-4356**
TTY (voice callers use 7-1-1 NJ Relay)

DIVISION OF FAMILY DEVELOPMENT (DFD) **1-800-792-9773**

DIVISION OF MEDICAL ASSISTANCE AND HEALTH SERVICES **1-800-356-1561**

DIVISION OF MENTAL HEALTH AND ADDICTION SERVICES (DMHAS) **1-800-382-
6717**

NJ SNAP (formerly Food Stamps) **1-800-687-9512**

GOOD NEIGHBORS - COMMUNITY LIVING FOR PEOPLE WITH
DISABILITIES

1-877-DHS-LINE (1-877-347-5463)

LOW INCOME HOME ENERGY
ASSISTANCE(LIHEAP)

1-800-510-3102

NJ FAMILYCARE/MEDICAID CALL
CENTER

1-800-356-1561

NJ HOUSING RESOURCE CENTER (HRC)

(SUPPORT FOR WORKING FAMILIES (Transitional Supports Hotline)

1-877-951-9514

UNIVERSAL SERVICE FUND (USF)

(Help with utility bills for low-income families and individuals)

1-866-240-1347

Supporting Your Child with Gender Identity Issues If your child is struggling with their gender or thinks they are transgender, here is our advice and information on what you can do and where you can get help.

I just wanted to do all I could to help and support my son - and while at first I just didn't have the right words, I knew he needed me by his side. His journey hasn't been easy but we are finding our way.

Parent The most important thing is that we have been able to understand each other's point of view. He understands that this has been a big deal for me and I know it's been an even bigger deal for him. We help each other, we are both learning. To start with, he didn't want to go on this journey, but he's coming round to that, and he can see how far he has come. He's got a lot to be proud of

Parent What is gender identity? People can often feel uncomfortable when talking about gender identity, sex and sexuality, and can get these terms confused.

A person's 'sex' describes biological differences between the female and male genitalia. A child's sex is usually assigned at birth.

A person's 'gender' describes a person's internal sense of their identity. For example, you might identify as a girl, or a boy, or neither – or a variation. The first person to develop an awareness of their gender identity is most likely to be the child itself.

There is an increasing recognition that for some people, gender is a spectrum, and that people may express themselves in many different ways, as being at one end or the other, for example male or female, or in the middle (non-binary). For others, where they are on this spectrum may

change or fluctuate at different times. People who identify as non-binary may also refer to themselves as 'gender fluid', or 'gender queer').

A transgender person self-identifies their gender as being different to the sex they were assigned at birth. Questions around gender identity can emerge at any time. There is a wide range of reported experiences. Some individuals know from childhood that they feel mis-gendered, while others might not recognise this until adulthood. It might also be apparent to the parents from an early age. It can be unhelpful to describe being transgender as a choice. Gender identity is a deep-rooted, sense of self. Transgender people have been with us throughout the history of humankind.

We usually take gender for granted. Most people identify with either 'she' or 'he' pronouns but these labels are not by any means the sum total of anyone's identity. Having a sense of identity is really important because it helps us to be resilient.

Gender dysphoria

You may hear doctors referring to 'gender dysphoria', or 'gender identity disorder' (GID), 'gender incongruence' or 'transgenderism', when they are diagnosing your child.

How can I help my child? If you are someone who doesn't feel certain about your gender, life can be very stressful, and there may be times when you feel that you don't fit in anywhere. Young people experiencing gender identity issues can experience stigma, bullying, isolation and even violence from others. They might struggle with internalised unhappiness and using coping mechanisms like self-harm. But there are things you can do to help and to make your child feel supported.

These are things which can really make a difference:

Your acceptance and support is vital for your child if they are confused about, or coming to terms with their gender-identity. Fear of negative judgement and rejection can be huge obstacles in your child seeking support. Your child might be questioning their gender. This doesn't necessarily mean that they are trans, but they may be. It is a journey of discovery and expression; go at their pace and try help them as much as you can. Find out as much as you can about the issues, including support in services, in school and in the community. You may need to be their advocate in talking to school, college or health professionals, if and when the time is right. Communication is everything; being open-minded is the best approach. Whatever happens, they are still your child. Be patient if they don't want to talk about it and be supportive when they are ready. It's understandable to feel upset, anxious, scared and experience a sense of loss if your child is transitioning. Being honest about that is really important. Sharing your experiences with other families in the same situation. There are organisations (below) who can help you with this. Ask your child how they want to be addressed - whether it's 'he'/him' or 'she'/her' or something else. If you make a mistake, correct yourself or allow yourself to be corrected, and continue to try. Most young people will recognise you are making an effort, showing them respect, and doing their best to meet their preferences. You don't need to learn all the terms and language – your child will steer you, and it's a good opportunity to show your support in being receptive to what they say. Be alert for signs of withdrawal,

depression, self-harm or suicidal thoughts. If you notice any of these behaviours tell your child that you are there for them, and seek support from your GP. Respect your child's boundaries. It can be insensitive and uncomfortable to ask very personal, intimate or intrusive questions – so ask if it's okay to ask, and respect the answer. Think about how you might feel if your parent asked you something deeply personal or intrusive. There is a vibrant online trans community - offering support and sharing experiences and ways to make your child feel more comfortable being themselves with or without medical intervention.

This can include information on things like using make-up, dealing with negative reactions and finding things like gender-neutral hairdressers.

Gender Identity Development Service The Gender Identity Development Service (GIDS) is England's only NHS service for children and young people experiencing difficulties in the development of their gender identity. The service has main clinics in London and Leeds, as well as satellite clinics elsewhere across England in places like Exeter.

GIDS has a staged approach to supporting young people. Every young person is different and will be treated as an individual. If your child is referred to GIDS, first they will have a full psychosocial assessment, which is usually three to six appointments with two experts. They will work with your child, and family, to explore your child's understanding of their gender identity, and to talk about how their feelings may have changed over time, and how they might change in future.

Depending on your child's age and the issues they want to explore, a meeting can be arranged with a paediatric endocrinologist either for possible hormone blocking treatment, or to help determine whether or not your child has started puberty.

Hormone blocking is a physically reversible intervention: if your child stops taking the blocker their body will continue to develop as it was previously. However, the full psychological effects of the blocker, or whether it changes the course of adolescent brain development, are not completely known. Blockers give young people time to consider their options and to continue to explore their developing gender identity before making decisions about irreversible forms of treatment.

In some cases, cross-sex hormones, (oestrogen or testosterone) might be considered, but these can only be prescribed from age 16, and after your child has spent a minimum of 12 months on hormone blockers. Cross-sex hormones will cause some irreversible changes to the body. For example, oestrogen will cause the growth of breast tissues, and testosterone will cause the voice to break. Any decisions to prescribe cross-sex hormones will not just take into account your child's gender identity, but also their emotional wellbeing and physical health.

Resource website : <https://youngminds.org.uk/find-help/for-parents/parents-guide-to-support-a-z/parents-guide-to-support-gender-identity-issues/>

GLSEN

**GENDER
TERMINOLOGY**



GENDER ATTRIBUTION
HOW YOUR GENDER IS PERCEIVED BY OTHERS



SEX ASSIGNED AT BIRTH
WHAT THE MEDICAL COMMUNITY LABELS YOU



GENDER IDENTITY
HOW YOU IDENTIFY (SEE YOURSELF)



GENDER EXPRESSION
HOW YOU WANT TO DISPLAY YOUR GENDER

COUNSELING

SERVICES