

BE A BRAIN-CHANGER

DISTRACTION COPING SKILLS

take a hot shower or bath
listen to music
watch a movie
talk to someone
go for a walk or run
exercise of any sort
play a sport with people
talk to someone
read
journal or write poetry
play with your pet
get your nails, hair or make up
done
play a video game
learn something new
make a craft



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SENSORY & GROUNDING COPING SKILLS

use the five senses to be attentive in the moment (i.e., sight, sound, touch, smell and taste)

pick out the colors of the rainbow in the room

feel where you are sitting and feel the objects around you focusing on their textures

use a change of temperature (i.e., ice, heat, go outside)

**deep or box breathing
imagery/visualization**

