

WHAT MAKES A GOOD COPING STRATEGY

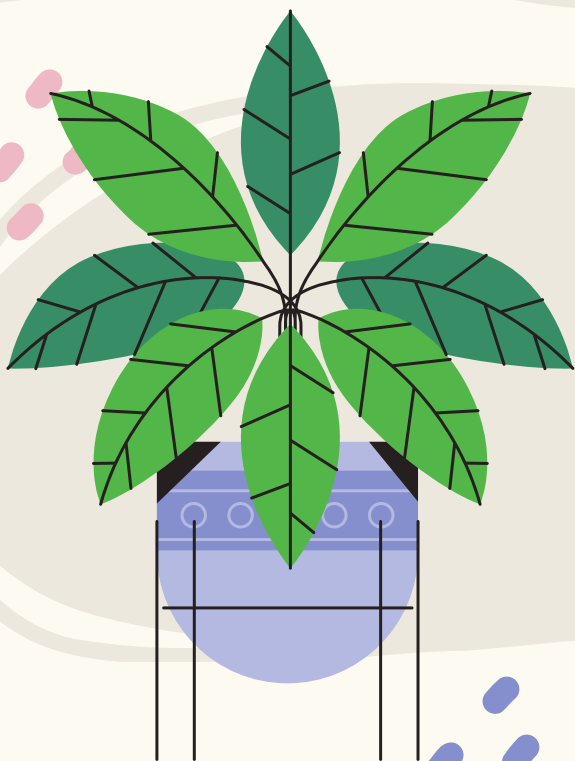


HARM REDUCING

Do what works best for you, rather than being side-tracked by what you think you're "supposed" to do in every situation. Your safety and overall wellbeing are what's most important.

EMOTIONALLY INTELLIGENT

All emotions are valid and temporary. It's important to listen to what your emotions are trying to communicate about your boundaries and find ways to let go of your emotions once they've fulfilled their immediate purpose.

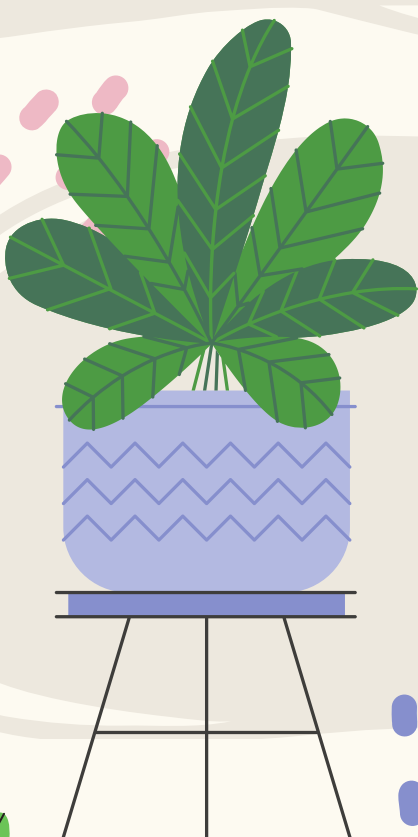


ACCESSIBLE

Consider what tools and techniques are realistically and readily available to you in different situations that might demand your coping effort.

REPEATABLE & ADAPTABLE

A good coping strategy is one that you can reliably come back to over and over again. You can also make slight modifications to it in order to meet your immediate needs.



DISRUPTIVE

You don't have to make a scene – but remember that the purpose of coping is to interrupt the cycle of distress. Focus your attention on one thing at a time, in the present moment, without judgement.