



RED LEVEL COPING OPTIONS

TRY ONE OR IN COMBINATION (RATE YOUR DISTRESS 1-10 PRE & POST):

- Comparisons: Consider 5 ways this situation could have been worse but ISN'T.
- Cold Temperature: Place your face in ice water for 20-30 seconds to stimulate the mammalian diving relaxation response. Splashing cold water on your face can help too.
- Cognitive: Give your emotion mind time to cool off.
 - Think of categories and name examples (e.g. football teams, dog breeds, cars)
 - Do puzzles. Subtract serial 7's from 100 (93, 86, 79...).
- Get moving to change your physiology: Go walk, do 10 pushups, shake out your limbs, stretching
- Paced Breathing to stimulate your parasympathetic nervous system, calming you: 6 slow exhales or sighs
- Mindfulness: Notice new things about your immediate environment (e.g., 5 things you see, 4 you hear, 3 you feel, 2 you smell and 1 thing you can taste)
- Opposite to emotion action: Do something inconsistent with the emotion you are trying to change (e.g., dance when depressed, lie down still and look at the sky when you're fidgety, empowering music when you're fearful).
- Radically acceptance: acknowledge reality for what it is right now. Be compassionate to yourself and the difficulty of this situation. It's not what you'd pick but it cannot last forever.
- Self-soothe: Find sensations that calm you. Good scents, bath, weighted blanket.
- Mastery: Find some small, easy task to regain a sense of control (e.g., clean up small area).
- Social Support: Call a trusted love one. Tell them what you need (e.g., just their validation, clear feedback, problem solving or nothing but listening).
- Top 5: Put things in perspective. Is this event immediately threatening the most important things in your life? If not, thank your body for its alarm in alerting you and but reassure yourself that you will get through this.
- Cope Ahead: If the concern is future-oriented, create a clear, effective plan to deal with the most realistic bad outcome that may happen. Keep reminding yourself, you're now prepared.
- Worry time: Set a timer to spend 10 minutes worrying and writing concerns down. Then move on. Remind yourself you have already addressed this topic when those worry thoughts arise.
- Access your Wisemind: Take a breath, consider what you would recommend to a dear friend in your situation.
- Gargle water for 30 seconds several times, hum slowing for two minutes, or massage your scalp to stimulate your Vagus nerve and calm your fight or flight response
- Internal Resources: Clearly picture a time where you were wise, strong, adaptable, etc, (whatever skill you need right now). Recall that you always have this potential within you.