

Coping in a Crisis

DO'S & DON'TS



DEEP BREATHING

Breathe into your belly, breathe out slowly



MOTIVATING MUSIC

Keep an uplifting, happy, soothing playlist you can access at any time



GROUNDING

Connect with the elements around you. Feel the ground barefoot, any surface with your hand. Observe and describe sensations.



SELF-COMPASSION

Tell yourself that you're doing the best you can in this moment. Be kind to yourself.



TALK TO A LOVED ONE

Get support from a safe and trusted loved one. Also, never forget that they love you.



BREATHE WITH YOUR HEAD DOWN

You can't breathe into your belly with your head down



SAD MUSIC

Don't listen to anything that will make you feel worse



WATCH THE NEWS

You may get triggered even more



JUDGE YOURSELF

The more you judge yourself, the stronger the unpleasant emotions and negative thoughts



AVOID SUBSTANCES

Avoid mood altering substances that can make negative thoughts and challenging feelings stronger.