

Healthy Coping Strategies for difficult times

There are many 'coping strategies' people use to get through difficult times, some of which are perhaps not so healthy, such as using alcohol, drugs, self harming, over or under eating and many compulsive behaviours.

Here are some alternative ideas, coping strategies and thoughts taken from counsellors who work with people who have been raped or sexually abused.

- Try to spend time with people who help you to feel good or secure.
- Treat yourself to something nice/favourite each day.
e.g. Have a bath, read a book, watch a film, use music, cake, chocolate, scented candle, see/phone a friend, have a massage.
- Find some quiet time/a safe haven, visualise a calm safe space.
- Listen to the radio, it's more helpful to listen to speech than music.
- Write in a journal or diary
- Drawing can be powerful and helpful way of expressing yourself.
- Write/draw positive thoughts against negative & compare, very often there are more positives than you realise.
- Draw/paint a picture of how you're feeling, perhaps it maybe an animal!

- Stay cool if things don't go to plan and don't assume the worst possible outcome
- When you're anxious, focus on you're breathing, try to slow it down, feel the breath moving in & out of your body. Imagine you're breathing in a healing pink light and breathing out all the pain & sadness in a black cloud.
- Go for a walk, preferably somewhere with natural/calm surroundings.