

Skills I Can Use

Some days are harder than others and **sometimes we need to stop, pay attention** to what we're feeling, and **do something** that will help us feel better.

When we feel discomfort and distress, **there are skills that we can use to self-regulate** and **cope with uncomfortable feelings** and sensations.

Relaxation skills

Taking a moment to pause and re-center can reconnect us with what we want to be feeling.

- close your eyes, think about something that helps you feel calmer - reflect, pray, meditate
- tense then relax your muscles - one part of your body at a time - notice the difference
- take a warm shower, wrap yourself in blanket, hold someone's hand, give yourself a hug
- I feel more relaxed when _____

Distraction skills:

Purposely shifting our attention to something else can give us time to de-escalate and recover.

- listen to music, play a game, do a puzzle, write, or draw
- text a friend, call someone you love
- change the temperature - step outside into the sun, wash your face with cold water
- My favorite distraction is _____

Movement skills:

Moving our bodies can change how we're feeling. Even short burst of activity can be helpful.

- go for a walk or a run - exercise
- dance, rock, or sway - move your body - stretch
- I feel strongest and safest in my body when _____

Cognitive skills:

Whatever you're thinking or feeling is understandable, but it's temporary. You will feel better.

- remember that you haven't always felt this way and that - in time, you will feel differently
- show yourself the same kindness and empathy you would to a friend who was in this situation
- What I'm feeling right now is _____
- What I hope to feel again is _____

We are stronger, gentler, more resilient, and
more beautiful than any of us imagine.

- Mark Nepo