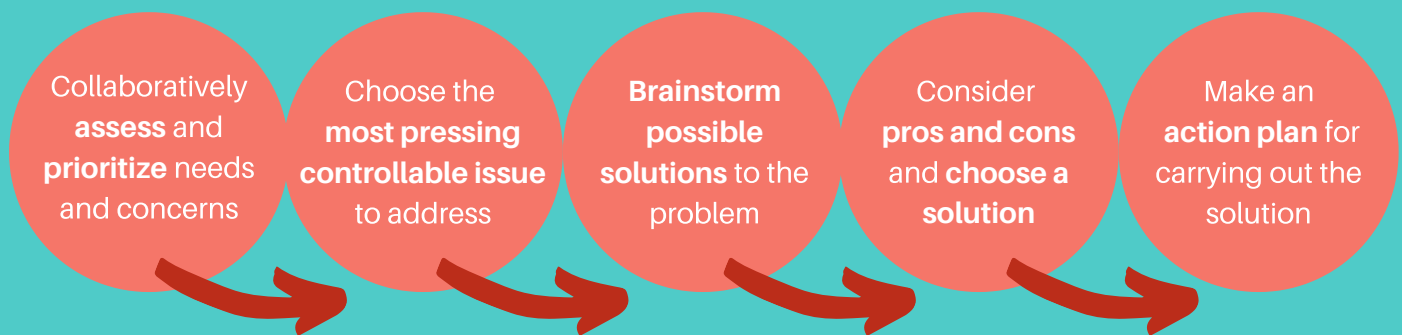


# HELPING PEOPLE COPE IN HEALTHY WAYS



Use a problem-solving approach to define the problem and make a coping plan.



## HEALTHY COPING IS...

**Consistently meeting basic needs** for sleep, nutrition, and health

**Reaching out** to others and finding ways to connect, even at a distance

**Expressing your feelings** (e.g., journaling, crying, talking to supportive people)

**Doing daily activities** that give a sense of pleasure or achievement (e.g., exercise)

Trying to **maintain a normal schedule** as much as possible, or creating a new routine

Using calming and compassionate **self-talk**

**Focusing on things you can control** and what you can do about those things

## ...RATHER THAN

Sleeping, eating, or taking medicine **inconsistently** or on an **irregular schedule**

**Withdrawing from family and friends** or waiting for others to reach out to you

**Suppressing negative feelings**, including with drugs or alcohol

**Withdrawing from activities** or focusing only on activities that aren't possible at the moment

**Working too many hours** or **avoiding responsibilities**

Using **negative self-talk** or treating worries like they're facts

**Ruminating** about things you can't control or hypothetical situations