

50 EMOTIONAL COPING STRATEGIES

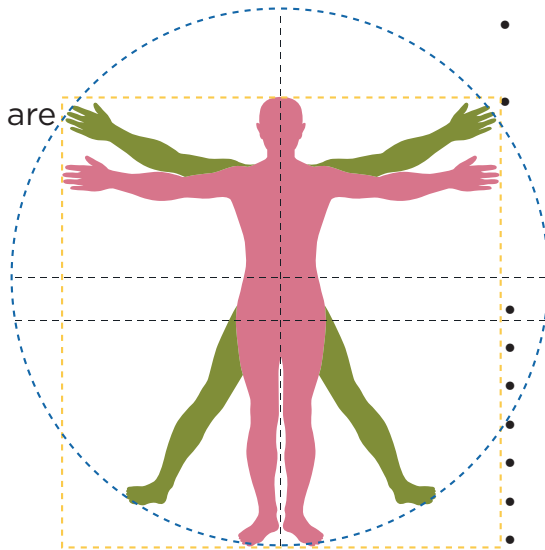
Negative emotion can be overwhelming. It's so easy to just pick up our phones or grab a quick snack to numb them. Here is a great list of other ways you can deal with the emotion. Because emotion is a vibration, action will help it resolve. Which of these work for you?

♥ Emotional

- Sit with your emotions
- Name the emotion you are experiencing
- Feel the vibrations in your body
- Let yourself cry
- Tell yourself that what you are feeling is OK!

🧠 Mental

- Read a book
- Make a list (if you are overwhelmed)
- Write in your journal
- Color
- List ten things you are grateful for
- Picture a "happy place"
- Look at relaxing photos
- Listen to soothing music
- Think of something funny
- Talk about your feelings on a voice memo
- Work on a puzzle
- Do sudoku
- Pay attention to your thoughts



Spiritual



- Meditate
- Pray
- Read scriptures
- Listen to talks

Social

- Play a game with friends
- Call a friend
- Do an act of service
- Text someone
- Plan a date or outing with friends
- Watch a movie or TV show with someone

Physical ⚡

- Take a bath
- Exercise
- Meditate
- Clean or organize something
- Chew some gum
- Do yoga
- Take five deep breaths
- Go for a walk
- Drink some water or tea
- Squeeze a stress ball
- Work on a hobby
- Play with a pet
- Bring fresh flowers into your house
- Hug someone or something
- Try aromatherapy
- Take a power nap
- Go on a drive
- Dance to some music
- Garden
- Put on lotion
- Play an instrument
- Cook

"EMOTIONS ARE THE LANGUAGE OF THE SOUL."
-KARLA MCLAREN