COVID Coping Resources for Adults

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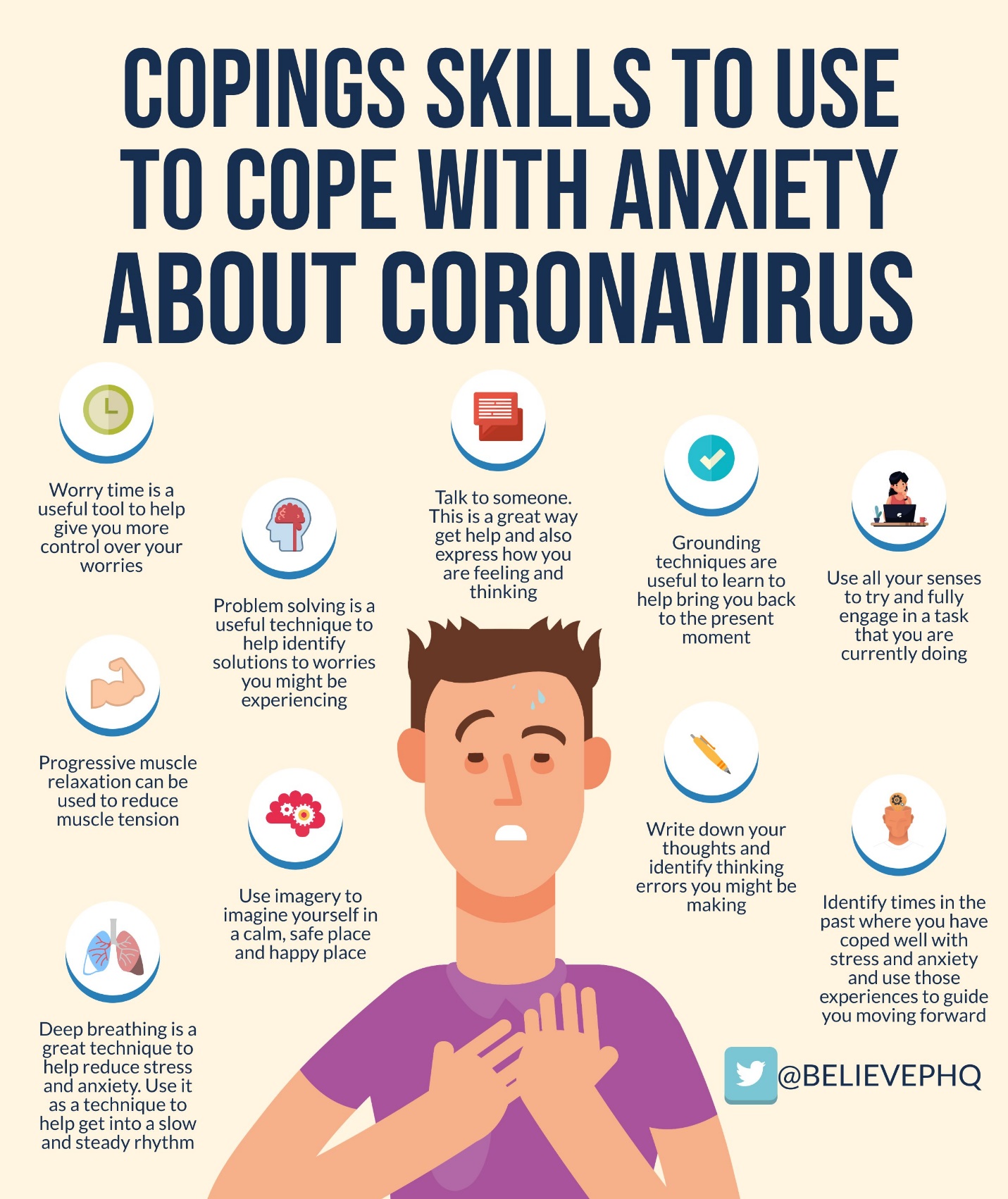
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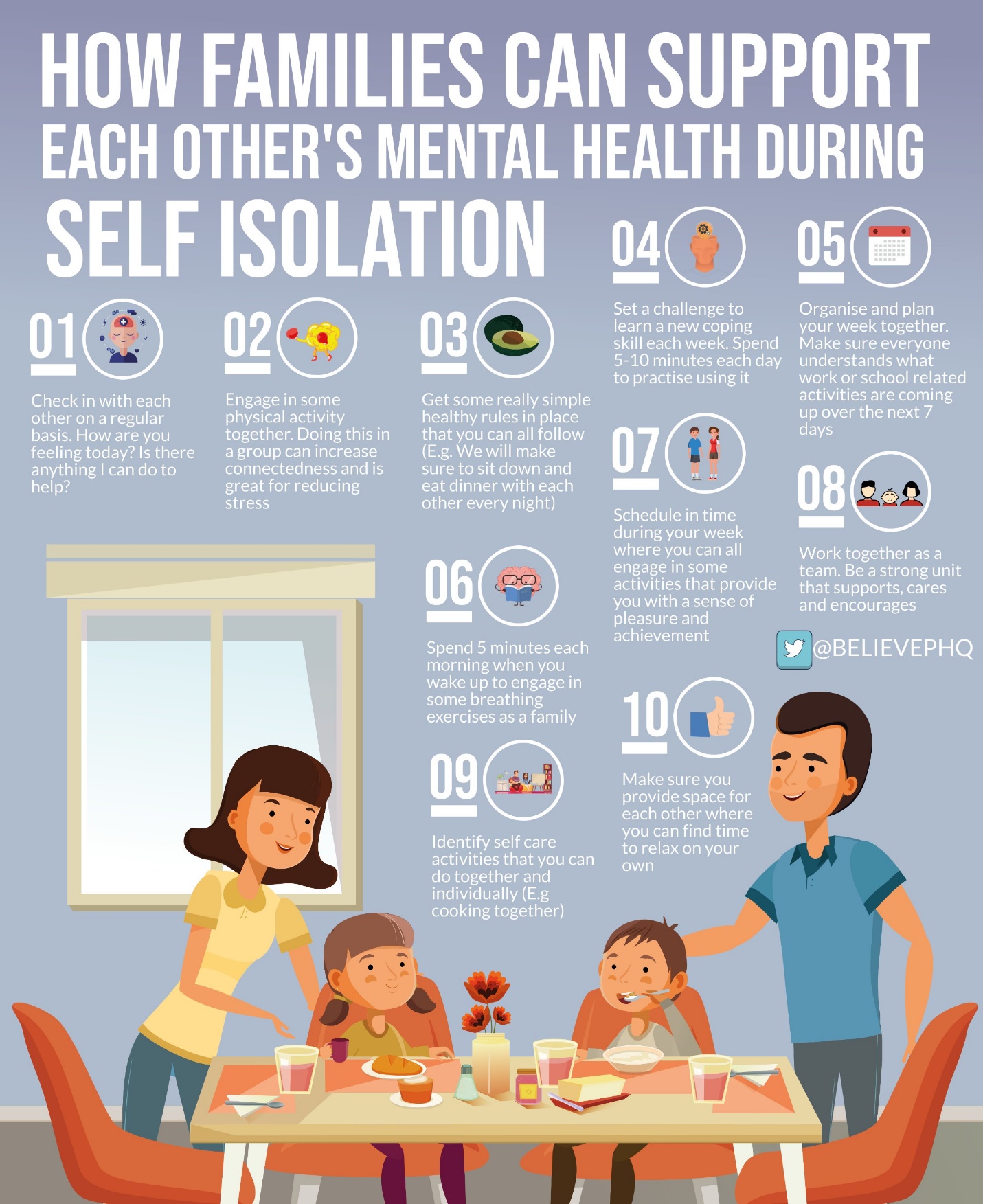












**Coping Skill Spotlight: 5, 4, 3, 2, 1 Grounding Technique**

**How to do it:**

This technique will take you through your five senses to help remind you of the present. This is a calming technique that can help you get through tough or stressful situations.

Take a deep belly breath to begin.

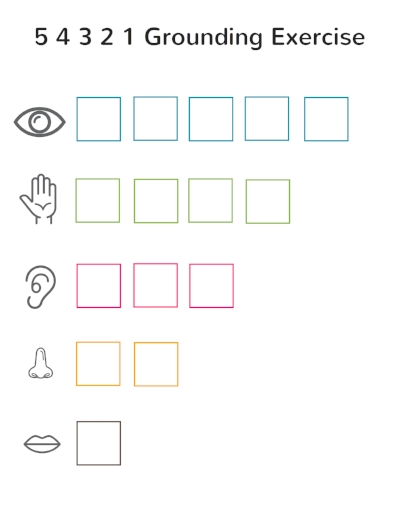
**5 - LOOK:** Look around for 5 things that you can see and say them out loud. For example, you could say, I see the computer, I see the cup, I see the picture frame.

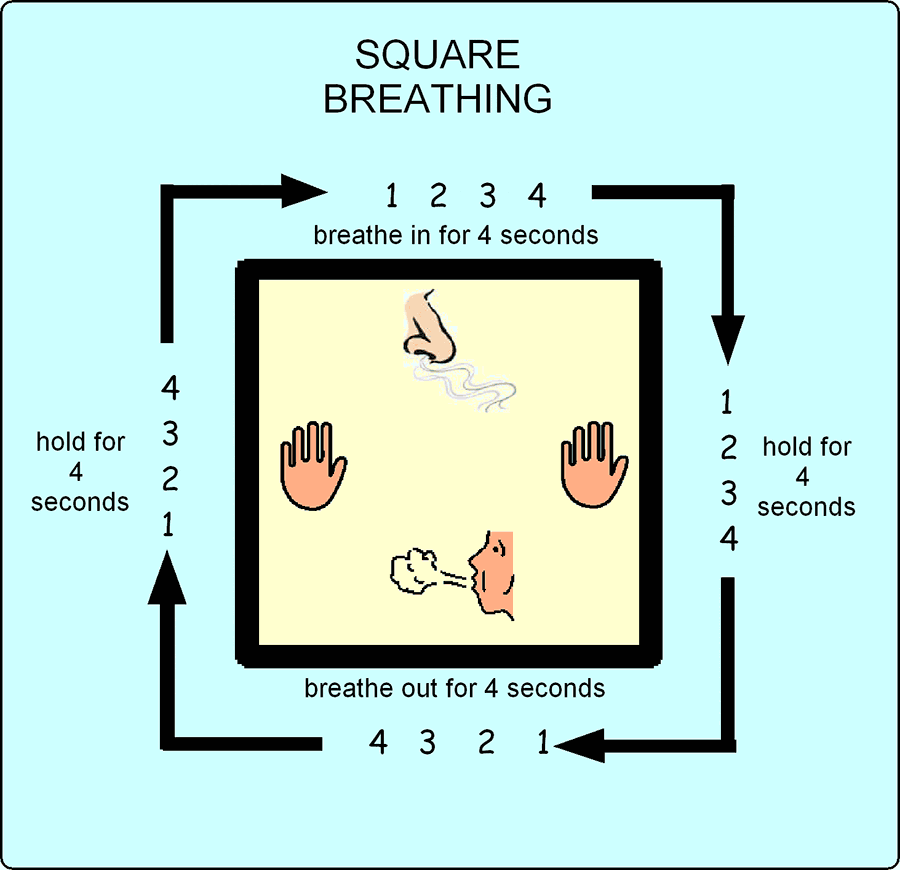
**4 - FEEL:** Pay attention to your body and think of 4 things that you can feel and say them out loud. For example, you could say, I feel my feet warm in my socks, I feel the hair on the back of my neck, or I feel the pillow I am sitting on.

**3 - LISTEN:** Listen for 3 sounds. It could be the sound of traffic outside, the sound of typing or the sound of your tummy rumbling. Say the three things out loud.

**2 - SMELL:** Say two things you can smell. If you are allowed to, it’s okay to move to another spot and sniff something. If you cannot smell anything at the moment or you can’t move, then name your 2 favorite smells.

**1 - TASTE:** Say one thing you can taste. It may be the toothpaste from brushing your teeth, or a mint from after lunch. If you cannot taste anything, then say your favorite thing to taste. Take another deep belly breath to end

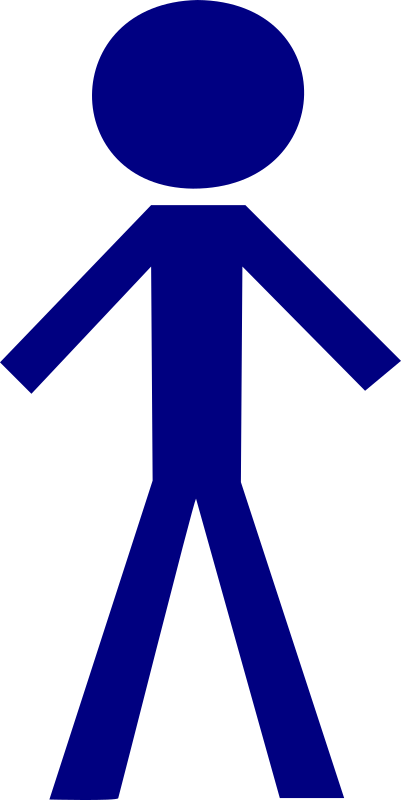
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SPECTRUM BEHAVIORAL HEALTH LLC Visual to accompany the following video: <https://www.youtube.com/watch?v=af04iwPN6vI&list=PLdMG7sCpdy4cfPx6V4I9xvJvlvZcGBnTc>

**POISON THOUGHTS**



ANGER  **ANXIETY SADNESS**

**WORRY IRRITATION**

**FRUSTRATION**

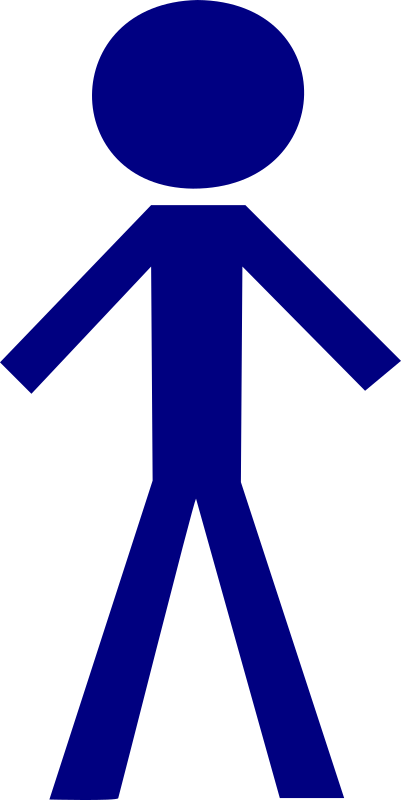
ACTION

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**ANTIDOTE THOUGHTS**



**CALM HOPEFUL FOCUSED**

**CONFIDENT STRONG**

**PROUD**

ACTION

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THINGS I

CAN **NOT** CONTROL

**I CAN CONTROL:**

* **MY THOUGHTS**
* **MY FEELINGS**
* **MY ACTIONS**
* **HOW I COPE**

**INFLUENCE**

THINGS I

CAN **NOT** CONTROL

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**COPING SKILLS TO USE WHEN THINGS ARE OUTSIDE OF YOUR CIRCLE OF CONTROL:**

**ASK MYSELF: LET OTHERS KNOW WHAT YOU NEED:**

**“IS THIS A BIG DEAL OR A LITTLE DEAL?” SAY, “I’M AT A 5 RIGHT NOW, I NEED A BREAK” “IS THIS IN MY CIRCLE OF CONTROL?”**

**“WHAT ARE THE FACTS?” USE AN “I STATEMENT”**

**USE A POSITIVE COPING THOUGHT:**

**“I CAN BE MAD/WORRIED AND STILL DEAL WITH THIS”.**

**“I JUST NEED DO IT!!”**

**“I HAVE BEEN THROUGH WORSE, I CAN DEAL WITH THIS”.**

**“THIS SITUATION WON’T LAST FOREVER”**

