

Regulation/Coping Skills

Coping skills are methods and techniques used to help a person deal with the stressors of everyday life. They can help you get through almost anything if you let them, but it does take some practice. Here is a list of skills to help you out:

1. 4-Square Breathing
 - a. Begin by finding a quiet place where you will be free from distraction.
 - b. Start taking deep breaths.
 - c. Breathe in for 4 seconds, hold your breath for 4 seconds, exhale for 4 seconds, and hold your breath at the bottom of the exhale for 4 seconds. Repeat this pattern for at least 2 minutes.
2. Bilateral Stimulation
 - a. Bilateral stimulation is moving your body in rhythmic patterns that use both the left and right side of your body.
 - b. For example, you can start by putting your right hand on your left shoulder and your left hand on your right shoulder. Tap each shoulder one at a time back and forth in rhythm. Continue this pattern for at least 2 minutes.
 - c. You can also try walking, running, hula hooping, swinging in a hammock, butterfly-tapping, etc.
3. Pretzel
 - a. Find a place where you can sit comfortably, preferably in a chair.
 - b. Cross your ankles by placing your dominant ankle over top of the other ankle.
 - c. Place your arms straight out in front of you. Cross your dominant hand over your other hand. Turn your palms together and interlace your fingers. Now turn your arms down and in towards your heart.
 - d. Hold this pose for at least 2 minutes while taking long, deep breaths.
4. Self-hug
 - a. This skill can be done anywhere at any time.
 - b. Start by placing your right hand in your left armpit.
 - c. Place your other hand onto your right upper arm near your shoulder.
 - d. Squeeze and apply downward pressure.
 - e. Hold this pose for 2 minutes.
5. Deep Breathing
 - a. Deep breathing is a common, yet important skill to have.
 - b. Take slow deep breaths. Inhaling for 5-10 seconds and exhaling for 5-10 seconds.
 - c. Repeat this for at least 2 minutes.

6. Senses (5, 4, 3, 2, 1)
 - a. Start by taking a few slow deep breaths and observing your surroundings.
 - b. Identify 5 different things you can see with your eyes.
 - c. Identify 4 things you can touch.
 - d. Identify 3 things you can hear.
 - e. Identify 2 things you can smell.
 - f. Identify 1 thing you can taste.
 - g. Finally, take a few more slow deep breaths.
7. Wall Pushes
 - a. Start by finding a sturdy wall.
 - b. Facing the wall with your hands in front of you, press against the wall with all your strength, like you're trying to make it move.
 - c. This is a good skill to use for feelings of frustration or anger.
8. Journaling
 - a. There are many ways to journal. Write out in detail whatever you feel is important to you.
 - b. You could try writing letters to people that you will not send, or tearing up whatever you write about.
9. Legs on the Wall
 - a. Start by finding a wall you can lean or sit against.
 - b. Lay with your back on the floor, behind up against the wall, and legs straight up towards the ceiling. Make sure the back of your legs are pressed against the wall.
 - c. Hold this position for at least 3 minutes while taking deep breathings.
 - d. You can also fold your arms like the "Pretzel" for extra support.