sane.works

ACTIVE COPING

Seek Solutions

Forgive Self or Others

Antipicate what's coming

Find Acceptance

Consider your Values/Beliefs

Soothe Yourself

Set Priorities

Stay in the Moment

Problem Solve

Get Enough Sleep

Focus on Survival

Eat Nourishing Food

Find Humour

Meditate/Relax /Let Go

Pay Attention to Feelings

Deep Breathing

Share Feelings with Friends

Exercise/Take a Walk

Ask for Help

Join a Group

Keep a Journal

Focus on the Facts

Evaluate Assumptions

Negative Coping

Helpless/Hopeless

Passive Withdrawal

Blaming

Suicidal Thoughts

Externalising

Grandiosity

All or Nothing

Confusion

Wishful Thinking

Minimisation

Projection

Rationalisation

Dissociation

Intellectualisation

Defiance

Awfulising Catastrophising

Feelings

Disappointment

Shock

Numbness

Fear

Grief

Isolation

Panic

Anxiety

Guilt

Anger

Shame

Rage

Demoralised

Sadness

Uncertainty

Depression

Stress