

Use 1 or 2 of these skills, or more if you wish, to help you cope better when it all seems like too much.

COPE

BETTER

SKILLS

MENTALLY
★ WELL
SCHOOLS



C

Contribute. Do something kind for someone else: a child, friend, family member or stranger. Send a thoughtful message to someone or volunteer to help other people who are struggling too.

O

One thing at a time. Focus all your attention on what's around you now or just on one thing which you're doing now.

P

Push away difficult thoughts for now. For example: write them down and tell yourself you'll return to them the next day, or imagine putting them in a box on a shelf in your mind.

E

Encourage yourself. For example: "I will make it through this" or "I'm doing the best I can and that's ok" or "This too shall pass." Look for possible silver linings, for example: "Something good might come from this somehow." If you are religious or spiritual, contemplate some potential meaning or purpose in the situation.

B

Break from the situation temporarily. For example: turn off your phone for a while, take a one hour break from working hard, read a magazine.

E

Emotion - change the emotion you're feeling using the "Opposite Action" CBT / DBT skill if needed. For example: watch a funny or uplifting film, or listen to uplifting music.

T

Thoughts - change the thoughts you're having using the "Opposite Action" CBT / DBT skill if needed. For example: do a different work task, do a puzzle, read a book, listen to a podcast.

T

Thanks and gratitude. Think about the things you have to be thankful for, no matter how small. Send someone a thank you message. Jot down 3 things daily to be thankful for during prolonged challenging times.

E

Entertainment. For example listen to uplifting music, watch an absorbing series or entertaining Youtube videos.

R

Relaxing actions, for example take a long bath or shower, or take a nap. Self-soothe with your 5 senses.