

COPING WITH LIFE



Coping - expending conscious effort to solve personal and interpersonal problems, and seeking to master, minimize or tolerate stress, difficult emotions, and/or conflict.

STYLES OF COPING INCLUDE

PROACTIVE COPING

Adaptive skills and activities that increase resilience and the ability to manage stress.



COPING FIRST AID

In the moment skills and activities that help a person manage life's ups and downs.



MALADAPTIVE COPING

Behaviors and activities that manage difficulty in the short term but end up increasing pain and suffering in the long term.



PROACTIVE & FIRST AID COPING SKILLS



MALADAPTIVE COPING SKILLS

Self-care (proper diet, sleep, exercise, etc.)

Meditation and/or quiet time

Talking to a supportive person

Taking a 5-minute break

Prayer

Practicing mindfulness

Taking one conscious breath

Doing a 5 senses check

Making a gratitude list

Practicing relaxation

Spending some time alone

Connecting with loved ones

Practicing self-compassion

Being aware of and refuting negative self-talk

Journaling

Asking for help

Using alcohol and/or drugs

Overeating

Procrastination

Negative self-talk

Using tobacco/nicotine

Overusing caffeine

Excessive internet use

Relying on others to solve our problems

Blaming/Criticizing

Yelling/Screaming

Physical violence

Isolation

Too much or too little sleep

Biting fingernails or pulling out hair

Over exercise

Denial

Disclaimer: All content on this infographic is for informational purposes only. It does not substitute for clinical treatment or advice. If you, a friend, or a family member is struggling with mental health and/or addiction issues please call our main office at 952-926-2526. For emergencies, go to your nearest emergency room and/or dial 911.



CLUB RECOVERY
ADDICTION TREATMENT FOR YOUR PATH TO RECOVERY

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