

Coping Tips

Breathing:

Take deep breaths from the diaphragm or stomach. Breathe in, then when you breathe out, very slowly release your breath out. Take at least 5 seconds to release the breath. Repeat as many times as necessary.

Exercise:

Change your focus. Get your body moving, even if this looks different than what your work out was before your injury.

Music:

Use a relaxing or lively tune that inspires you. Consider dancing.

Comfort Item:

Hold onto or wrap yourself in something comforting – a blanket, jacket, scarf, stuffed animal – anything that helps you feel more comfortable.

Imagery:

Look at and direct your attention towards a picture of a beautiful, calming scene, like the beach or mountains, etc.

Visualization:

Visualize a place you love, either that you have been at or that you enjoy imagining yourself to be there. Describe it, paying attention to all five senses (for example, the beach: what it looks like, how the sand feels, what the waves and wind sounds like, the salt water smell).

Do One Positive Thing:

Do something positive for yourself or for someone else. Every day is an opportunity to do something to move you towards your goals or towards being more positive.

Socialize:

Call someone and talk about something pleasant. Encourage them to talk about something pleasant, plan to do something pleasant, etc. Or you can call someone and vent about what is bothering you – but keep it time-limited.

List your Achievements:

Some questions you can ask yourself are: What have you done that was challenging for you? What have you put effort into? What have people said you do well? These don't have to be things you have won awards for.