

Sample Coping List (relaxation focused)

1. Take a drink of water
2. Do 5 rounds of 4-7-8 breathing
3. Do 2 other relaxation exercises
4. Do a Sudoku puzzle
5. Take a walk
6. Exercise for 20 minutes (yes – that helps for relaxing)
7. Hang out with a colleague or friend and do something fun and low-key
8. Take a warm bath
9. Hot chocolate or warm milk
10. Read an entertaining but low-key book

Sample Coping List (distraction focused)

1. Do a Sudoku puzzle
2. Do a word-search
3. Think about how I want to make that [insert craft/hobby]
4. Call an old friend I haven't talked with in a while and see what is going on with them
5. Get some paperwork done
6. Organize the home/office

Sample Coping List (channeling focused)

1. Organize the office/closet/home
2. Clean
3. Take care of unfinished tasks (e.g., nails sticking out, slightly leaky toilets and faucets, low priority e-mails that should be responded to)
4. Set up a process/flow-chart/routine that makes this situation less likely to occur in the future
5. Significant exercise (e.g., 1 hour run; strength training)
6. Get together a pick-up game of basketball

Sample Coping List (processing focused)

1. Do a pro/con list – even if it has already happened
2. Do a time-line
3. Talk about the situation with a friend
4. “Run the numbers”

