

# Coping Strategy Ideas

## Get Quiet

- Remove extra environmental stimulation (turn off music/tv, dim lights, leave a crowded room)
- Put on headphones to drown out noise (listen to calming music only if it helps your current state)

## Breathe

- Inhale for 5 seconds/exhale for 5 seconds (repeat!)

## Take a Lap

- Take a short walk and be sure to silence your phone. Intentionally breathe and take in the fresh air.

## Focus on What You Can Control

- Break big tasks into smaller steps
- If you're in a frustrating conversation
- with someone choose to step away
- Ask yourself "What can I learn from this?"

## Shift Your Attention

- Snuggle with a pet
- Try the 5-4-3-2-1 technique (say these out loud)
  - 5 Things You Can See
  - 4 Things You Can Touch
  - 3 Things You Can Hear
  - 2 Things You Can Smell
  - 1 Thing You Can Taste



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