

RESEARCH SUPPORTED



# Coping Strategies

## **SURRENDER**

PRAYER, WORSHIP, MEDITATION. TRUSTING GOD & LETTING GO OF WORRY & STRESS.

## **JOURNALING**

PROCESS & RELEASE YOUR FEELINGS. RECENTER YOURSELF ON TRUTH AND RESTORATION.

## **REST**

RESTORING OURSELVES & OUR MARRIAGE: PHYSICALLY, EMOTIONALLY & SPIRITUALLY.

## **EXERCISE**

30 MINUTES 3X WEEKLY- EVEN MORE BENEFITS IF OUTSIDE & IN SUNSHINE.

## **RECITING TRUTH**

RECITING & LISTENING TO GOD'S TRUTH FOR US (SCRIPTURE). IDENTIFY & REPLACE TOXIC THOUGHTS.

## **MINDFULNESS**

FULLY PRESENT IN 1 THING & ACCEPTING YOUR EMOTIONS & THOUGHTS WITHOUT JUDGEMENT.

## **GRATITUDE**

THANKING GOD, PRAISE, BEING CONTENT, & TAKING TIME TO RECOGNIZE THE GOOD IN LIFE.

## **SERVING OTHERS**

SHOWING KINDNESS, & GENEROSITY. HELPING, INVESTING IN, CARING FOR & PRAYING FOR OTHERS.

## **SELF-SOOTHING**

15 MINUTES NOT THINKING ABOUT STRESSORS & DOING A SELF-SOOTHING EXERCISE.

## **EXPRESSING JOY**

SINGING, DANCING, LAUGHING, RAISING ARMS HIGH.

## **SOOTHING EXERCISES**

- DEEP 4-4-4 BREATHING
- PROGRESSIVE MUSCLE RELAXATION
- GROUNDING= 5 SENSES

## **UTILIZING SUPPORTS**

HEALTHY SUPPORTIVE PEERS, FAMILY, MENTORS & COUNSELORS- ENCOURAGE PERSONAL GROWTH.