

# Choosing How to Cope

Consider Your Short- vs. Long-Term Strategies

## SHORT-TERM

## LONG-TERM

### Distractions

Any activity that will quickly take your mind off what's happening and allow you to focus on something else.

### Substances

Using any mind- or mood-altering substance that changes your body chemistry and activates different Internal mood states.

### Compulsive Behaviors

Engaging In any behavior you believe will almost Immediately make you feel safe or less anxious.

### Procrastination

Delaying taking action or making a decision about something you fear will trigger uncomfortable feelings.

### Mindfulness

Repeatedly pausing, noticing, and observing your thoughts, emotions, physical sensations, and urges objectively. Practice letting go of judgment over and over again.

### Acceptance

Recognizing there are many things In life that are not within your control and, though you don't have to like It, you will refrain from trying to change It (in this moment).

### Evaluate

Before taking any action, STOP and consider the PROS & CONS to the choices you're considering (and accept there will be consequences for each).

### Gratitude

Notice the specific things In your life that make It better or allow you to live the way you want. No gratitude Is too small!