

COPING STRATEGIES

Trauma can contribute to shut down, meltdown, physical pain, difficulty communicating, aggression, anxiety, and/or self-injurious behavior. This section includes ideas and supports that can promote coping skills during this very stressful time. One strategy is mindfulness.



Mindfulness is a technique to remain present in the moment, by noticing feelings and events that are occurring, such as what sounds you are hearing or what you see in your surroundings. Mindfulness can help reduce stress.

RESOURCES INCLUDE:

Coping Strategies

Calming Routine

Mindful Senses












Exercise: Yoga Poses

Expression Activities

Soles of the Feet (adapted from Singh et al., 2003)

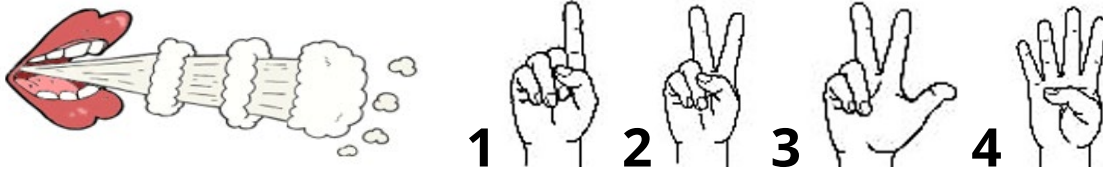
Dandelion Breathing

COPING STRATEGIES

<p>It is normal to feel forgetful. Keep a notebook with you to write things down to help you remember.</p>	
<p>Drawing can help children express how they feel. Provide paper and pencil/crayons and encourage children to draw what they are feeling.</p>	
<p>Connecting with others by going to school, if possible, and seeing friends (online or in person when safe) is helpful</p>	
<p>Following any familiar routines can be helpful (story before bedtime, special hugs).</p>	
<p>Having a special toy or item from home can be soothing.</p>	
<p>Helping others in any small way can improve mental health.</p>	
<p>Find a spot to get away or take a break, if possible (under a blanket, in a quiet corner)</p>	
<p>Use music to help with transitions or difficult times (sing a familiar song).</p>	
<p>Offer sensory input like deep pressure or preferred smells.</p>	
<p>Use a timer to let your child know when a transition is ahead (on any mobile device, can also download Time Timer for free).</p>	
<p>Draw pictures to let your child know what is coming.</p>	

CALMING ROUTINE

1. Take 4 deep breaths



2. Clench fists 4 times



3. Count to 10

1 2 3 4 5 6 7 8 9 10

4. Good job!

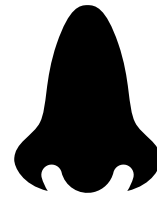


MINDFUL SENSES

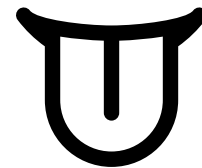
**Think about something I like
to look at.**



**Think about something that
smells good.**



**Think about something I like
to taste.**



**Think about something I like
to listen to.**



**Think about something that
feels good to touch.**



YOGA POSES

With your mouth closed, take in a deep breath (inhale) through your nose and hold for 3 seconds, gradually working up to 10 seconds. Then breathe out (exhale) slowly through your mouth while saying 'Ahhhh.' Go through three deep inhale/slow exhale cycles per pose.



Tree



Crescent Lunge



Warrior



Cobra



Downward-Facing
Dog



Mountain



Triangle



Plank



Cat

EXPRESSION ACTIVITIES

Journaling



Create a daily routine



Create a bullet journal:

- Write one line a day
- Add images
- List calming tips
- Track your mood
- Take a daily photo and describe what is happening



Video journal:

- Film 1 second daily
- Interview, talk about your mood, experiences...

Art



Draw

- Scribble stress away
- Draw with your eyes closed
- Think of a flower you would love to see and draw what you imagine
- Draw yourself as a superhero



Create a graphic novel or comic strip:

- What do you miss?
- What are you worried about?
- What are your hopes?

SOLES OF THE FEET (adapted from Singh et al., 2003)

When feeling sad or angry, you can focus on an object to help you cope through the feelings.

1. Stand with your feet flat on the floor



2. Move your toes



3. Feel your socks, shoes, or the floor touching your feet



4. Repeat as needed

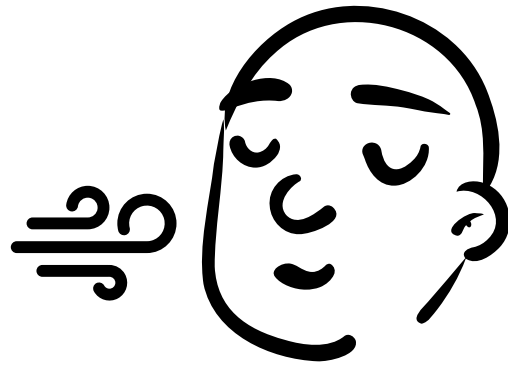


DANDELION BREATHING

Imagine you are holding a dandelion



Take a big breath in



Blow away all the dandelion seeds.

