

# Coping in a Crisis

## DO'S & DON'TS



### DEEP BREATHING

Breathe into your belly, breathe out slowly



### MOTIVATING MUSIC

Keep an uplifting, happy, soothing playlist you can access at any time



### GROUNDING

Connect with the elements around you. Feel the ground barefoot, any surface with your hand. Observe and describe sensations.



### SELF-COMPASSION

Tell yourself that you're doing the best you can in this moment. Be kind to yourself.



### TALK TO A LOVED ONE

Get support from a safe and trusted loved one. Also, never forget that they love you.



### BREATHE WITH YOUR HEAD DOWN

You can't breathe into your belly with your head down



### SAD MUSIC

Don't listen to anything that will make you feel worse



### WATCH THE NEWS

You may get triggered even more



### JUDGE YOURSELF

The more you judge yourself, the stronger the unpleasant emotions and negative thoughts



### AVOID SUBSTANCES

Avoid mood altering substances that can make negative thoughts and challenging feelings stronger.

# Coping With Crisis Situations

**Lei Shi**



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