

RESCUE COPING SKILLS

Strategies to Use in Crisis

USE THE POWER OF COLD

- Splash cold water on your face
- Run your wrists under cold water
- Hold ice cubes
- Place a cold towel or ice on your neck
- Take a cold shower
- Step outside if it is winter time
- Drink ice water



SPIKE YOUR HEART RATE



If you are physically able:

- Go for a Walk
- Pace the floor
- March in place + swing your arms back & forth
- Do jumping jacks
- Run up a set of stairs. Walk down.
- Do pushups
- Run in place
- Do Burpees

MOVE YOUR BODY & POSITIVE SELF-TALK

- Snap your fingers – alternating right & left
- Stand and Sway back & forth
- Get outside and into fresh air + sunshine
- Sweep the floors or Vacuum (bonus if you hum while you clean)
- Repeat a mantra to yourself as you do any of the above:
I was not made to give up.



SOOTHE YOUR VAGUS NERVE



- * Rub your ear lobes.
- * Silence the Alarm
- * Give yourself a butterfly hug
(cross arms over chest)
Now, slowly tap your arms w/your fingers,
alternating right and left