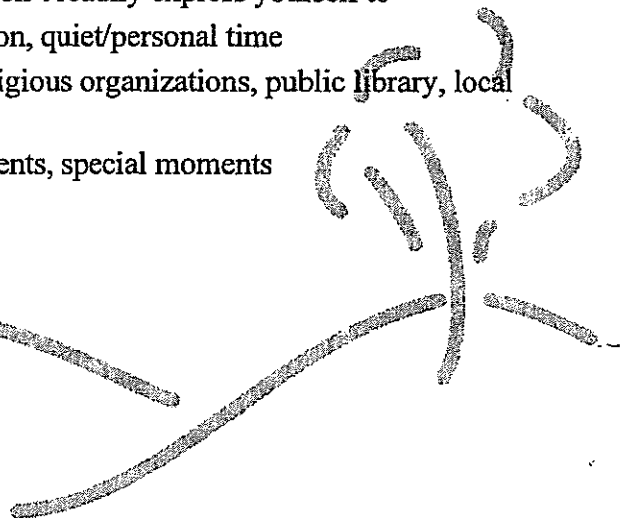


Adult Services Occupational Therapy

Coping Skills



1. Be assertive: I feel... when you... I would like...
2. State a problem and three possible solutions
3. Make a positive self statement
4. Make an emotional need known
5. Ask for, or give, a hug
6. Express a feeling
7. Socialize
8. Count to 10/20
9. Take slow deep breaths
10. Reframe negative thinking
11. Visualize inner peace, being at a comfortable/safe place
12. Progressive relaxation techniques
13. Utilize humor. Read comics. Watch a comedian. Tell a joke.
14. Look at pros and cons before making a decision
15. Try something new or different
16. Give yourself credit for trying, making the attempt
17. Set a realistic goal and accomplish it
18. Set realistic expectations for yourself (Perfection does not exist)
19. Be an active listener -- look at the person talking, paraphrase
20. Utilize positive self talk -- "I can handle this" "I can do it"
21. Join a community, take a class, follow through with leisure activities
22. Pat yourself on the back. Ask for support
23. Focus on the here and now -- say stop when thinking about past or future issues
24. Ask for feedback
25. Say "I love you" to someone you care about but don't readily express yourself to
26. Plan your day -- incorporate work, fun, socialization, quiet/personal time
27. Go to educational lectures -- check newspaper, religious organizations, public library, local mental health centers
28. Keep a journal -- thoughts, feelings, accomplishments, special moments
29. Take a time out
30. Smile = work those facial muscles
31. Exercise
32. Other:
33. Other:
34. Other:
35. Other:



TAKE TIME FOR TEN THINGS.....

1. TAKE TIME TO WORK.....

it is the price for success.

2. TAKE TIME TO THINK.....

it is the source of power.

3. TAKE TIME TO PLAY.....

it is the secret of youth.

4. TAKE TIME TO READ.....

it is the foundation of knowledge.

5. TAKE TIME TO WORSHIP.....

it is the highway of reverence and washes the dust of earth from your eyes.

6. TAKE TIME TO HELP AND ENJOY FRIENDS.....

it is the source of happiness.

7. TAKE TIME TO LOVE.....

it is the one sacrament of life.

8. TAKE TIME TO DREAM.....

it hitches the soul to the stars.

9. TAKE TIME TO LAUGH.....

it is the singing that helps with life's loads.

10. TAKE TIME TO PLAN.....

it is the secret of being able to have time for the first nine things above.

A FEW BENEFITS OF RECREATION ARE.....

Mental Health

Physical Fitness

Better Physical Health

Increased Alertness

Increased Energy

Better Sleep

Social Interaction

Love

Relaxation

Building Self Confidence

Fun

Productivity

Family Unity

Spiritual Growth

Learning New Skills

Self Awareness

Release of Tension/Stress

Mastery of a Skill

Independence

Laughter

Pleasure

Challenge

Rewards

Zest

Stimulation

Decreased Boredom

Creative Expression

Helping Other.

And many, many more!!

SOBER LEISURE ACTIVITIES

- | | | | |
|-----------------------------|--------------------|-------------------------|-----------------------|
| Acting, dramatics | Dancing: | Macramé | Sightseeing |
| Aerobics | Ballroom | Marathons | Sign language |
| Amusement parks | Country line | Marksmanship | Singing |
| Aquariums | Social | Mechanics | Skateboarding |
| Archery | Square | Mediation | Skydiving |
| Art appreciation | Darts | Mentoring | Sledding, tobogganing |
| Arts and crafts | Dating | Metalwork | Snowboarding |
| Art and craft shows | Designing clothes | Miniature golf | Snowmobile |
| Astrology | Dining out | Model making | Soccer |
| Astronomy | Downhill skiing | Motorcycling | Softball |
| Auctions | Driving, motoring | Mountain climbing | Squash |
| Auto racing | Education | Movies | Stargazing |
| Auto repairing | Electronics | Museums | Stenciling |
| Backpacking | Exercising: | Musical instruments: | String art |
| Badminton | Exercise video | Flute | Sunbathing |
| Barbeques | Health club | Guitar | Supernatural |
| Baseball | Nordic Track | Horn | Support groups |
| Basketball | Stair Master | Piano | Surfing |
| Batik | Stationary bike | Strings | Sweepstakes |
| Bicycling | Step aerobics | Needlework | Swimming |
| Billiards, pool | Treadmill | Newspaper | Synchronized swimming |
| Bingo | YMCA | Officiating: | Table games: |
| Bird-watching | Exhibits | Basketball | Backgammon |
| Board games | Fishing | Soccer | Checkers |
| Boating | Football | Softball | Chess |
| Boccie ball | Frisbee | Volleyball | Dominoes |
| Book club | Garage sales | Orchestra | Tai chi |
| Bowling | Gardening | Painting, drawing | Talking on phone |
| Boxing | Genealogy | Parachuting | Teaching a skill |
| Calligraphy | Golf | Parasailing | Television |
| Camping | Gymnastics | Parks | Tennis |
| Canoeing | Hackey sack | Party going or planning | Tetherball |
| Car shows | Hair styling | People watching | Touring |
| Card games: | Ham radio | Pets | Traveling |
| Bridge | Handball | Birds | Tubing |
| Cribbage | Hiking, walking | Cats | VCR movies |
| Eucre | Hockey | Dogs | Video games |
| Hearts | Home decorating | Snakes | Visiting friends |
| Poker | Horseback riding | Photography | Volleyball |
| Sequence | Horseshoes | Ping Pong | Volunteer work |
| Spades | Hot air balloon | Plays, lectures | Watching: |
| Uno | Houseplants | Political activities | Baseball |
| Carpentry | Hunting | Quilting | Basketball |
| Ceramics, pottery | Ice-skating | Racquetball | Football |
| Child-related organizations | In-line skating | Reading | Hockey |
| Choir | Isometrics | Refinishing furniture | Water polo |
| Coffee houses | Jet ski | Relaxation | Water skiing |
| Collecting: coins, antiques | Jewelry making | Religious organization | Watercolor |
| Community organizations | Jigsaw puzzles | Reminiscing | Weaving |
| Computer games | Jogging | Rock climbing | Weightlifting |
| Concerts | Judo, karate | Roller-skating | Window-shopping |
| Conservation, ecology | Kayaking | Sailing | Woodworking |
| Cooking, baking | Kite flying | School clubs | Wrestling |
| Copper enamel | Knitting, crochet | Scuba diving | Writing |
| Croquet | Lawn games | Sculpturing | Yard work |
| Cross-country skiing | Leather working | Sewing, needlepoint | Yoga |
| Crossword puzzles | Listening to music | Shopping | |
| | Luge | Shuffleboard | |

Stress Management Ideas

Relaxation exercises, taking deep breaths, meditate

Relaxation tapes, visual images

Listening to music

Talking on the phone

Exercising – aerobics, weight lifting, running, speed walking, long walks, stretching

Fix something

Clean the house, straighten the closets

Set priorities

Find a hobby to get involved in

Look at your surroundings – the mesas, the palm trees

Take a bath or hot shower

Take regular vacations, balance work/play time

Tend to plants, garden

Be with people

Visualize your image of a safe, nurturing place

Spend time with pets

Watch a funny movie

Sit on the floor and place palms down on the floor or sit in a comfortable chair and place BOTH feet on the floor. Feel the solid ground/floor beneath you. Move the carpet in your fingers and toes.

Create a support network, call someone

Use affirmations or other positive statements

Start noticing the cues that signal stress to you