

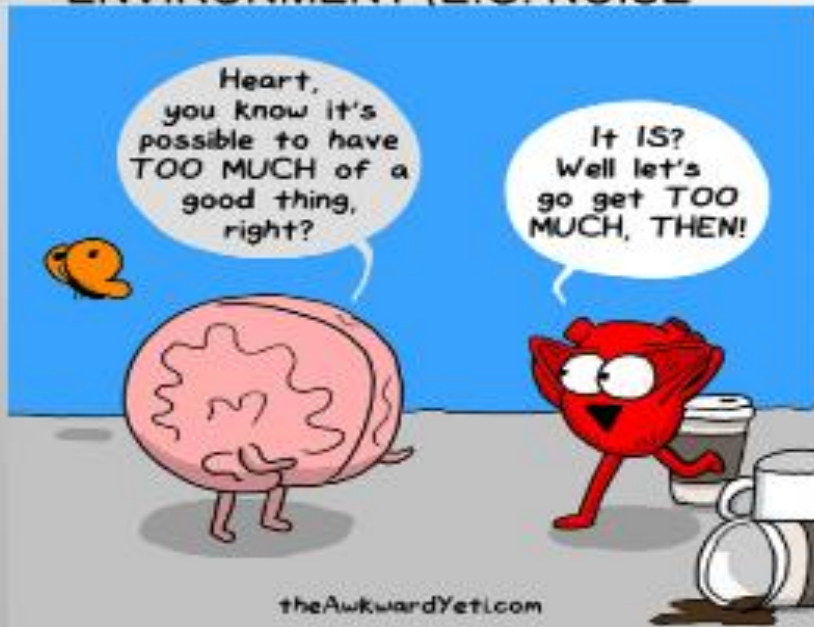
COPING STRATEGIES

- HELPFUL

- TAKING 10 DEEP BREATHS
- GOING FOR A WALK
- TALKING TO SOMEONE YOU TRUST
- DOING AN ENJOYABLE ACTIVITY
- MAINTAINING A GOOD SLEEP ROUTINE
- REGULATING SENSORY ENVIRONMENT (E.G. NOISE

- UNHELPFUL

- ISOLATING SELF
- CRITICISING SELF
- HURTING SELF
- SHOUTING AT OTHERS
- HITTING OTHERS
- DESTROYING BELONGINGS
- RELYING SOLELY ON ONE STRATEGY
- DRINKING
- TAKING DRUGS
- AGGRESSION
- AVOIDANCE



Created by Peter Neilly with consent given to