



Positive Coping Strategies

By

Kay L. Green Ph.D.

Choose five or more of the following, and use daily.

- Acceptance: Everything changes; life is a learning experience.
- Artistic endeavours: Painting, knitting, building models, embroidery, and other craftwork that provides a sense of well-being.
- Balance Values: Determine what values are important and prioritise them, spending the appropriate time and energy on achieving them.
- Breathing: Learning to breathe using the abdominal muscles.
- Chi-gong: Body movements and breathing that calm the mind-body and spirit.
- Develop the Biofeedback System: Listen to the mind-body communication and take the appropriate action to achieve long-term health and well-being.
- Emotionally Balanced: Releasing negative emotions using Time Line Therapy®.
- Exercise: Walking, dancing, gardening, swimming, weight training, or playing a sport.
- Goal-Setting: Plan for the future. Determine needs and wants and how and when they will be achieved.
- Gratitude: Developing an attitude of gratefulness for everything that happens and specifically writing down, on a daily basis, five or more things to appreciate. Focusing on the 'good' things in life increases optimistic thinking.

Positive Coping Strategies

By

Kay L. Green Ph.D.

- Journaling: Writing about life experiences and feelings improves well-being.
- Learning: Acquiring new skills and knowledge. Some examples are learning a new: language, craft, sport, musical instrument, or career.
- Love and Support: Develop a support system of family and friends.
- Music: Listening to music or playing a musical instrument.
- Nourishment: Take time to buy, prepare, and eat fresh healthy foods.
- Optimism: Develop an attitude that every day and night there is an abundance of joy, vitality, and love to be experienced.
- Physical rejuvenation: Have a massage or have a warm bath.
- Progressive relaxation: Learning to *associate* into the body and improve the mind-body connection.
- Self-Assertiveness: Ensure you respectfully communicate your wants, needs, feelings, and actions to others.
- Self-hypnosis and listening to hypnotic suggestions: Giving the mind-body-spiritual connection time to release tension, and to solve problems and receive life-enhancing suggestions.
- Volunteer: Helping others improves well-being.
- Yoga: Body movements and breathing that calm the mind-body and spirit.