

~ My Personal Coping Skills List ~

Distraction

Of all the coping skills here, 'distraction' is what I do the most: My blog would be one of my biggest distractions. I also watch DVDs (most often TV series marathons), read books (when I can concentrate), make lists (most of which I publish to the blog), listen to talk radio, play on my DS (usually Scrabble or Zelda), create quiz-z-es, listen to music, cycle, draw random pictures and write (again, when I can concentrate!)

Grounding

I rarely (if ever) do anything that could be classified with this label. I have felt disconnected from my body for over six years and spend very little time getting into my body, simply because I do not like it. I have been known to notice the colours around me. I also partake in an activity (that is private) that allows me to focus on my body, but this is an area I need to work out more activities for! :)

Emotional Release

Things I do to get an emotional release include: I take cold showers far too frequently to be healthy! If this doesn't work, or I just need to SCREAM, I take a pillow and scream as loud as I can. I've also been known to pop balloons (courtesy of some my mother sent me for my birthday last year) as well as something that is altogether too personal to include on a non password-protected post :P

Self Love

Me? Love myself? You gotta be kidding, right?

This never happens...but I know it "should" be happening, so I seriously need to sit down and try to work out some ways that will allow me to love myself. I just don't know how anymore :)

Thought challenge

This is an interesting idea and one that I shall try shortly on this blog. Keep your eyes peeled for my attempt at the thought challenge :P

Access your higher self

One of my biggest flaws is my penchant for spending far too much time helping others with their lives, loves, dreams and goals that I never spend any time helping me achieve them. Things I do revolve around: Random (daily) acts of kindness, helping people solve life problems, helping people solve non-life problems, helping animals and way too many charity donations that someone living in poverty shouldn't be making.