

Coping Strategies by Emotion

This guide provides a list of strategies which might help individuals to regulate themselves when experiencing challenging emotions. The strategies are split by emotion, but there is lots of cross over between the lists.

Sadness:

- Listen to your favourite song
- Watch your favourite TV show/movie
- Make time for your favourite hobbies
- Journaling
- Take a few deep breaths or complete a guided breathing exercise on YouTube
- Spend time with people you love and value
- Cuddle a pet or favourite toy
- Watching something funny
- Exercise
- Follow a routine for eating and sleeping
- Spend time in nature
- Express your emotions creatively: through art, crafts, music or drama

Anger:

- Write down what makes you angry and shred the paper into little pieces
- Shout into a pillow or hit a pillow
- Use a boxing pad and gloves
- Crush an ice cube in your hand
- Talk to someone you trust
- Exercise
- Squeeze a stress ball
- Do grounding exercises
- Use a sensory item

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- Run cold water on your hands or feet
- Write or draw the reasons for your anger
- Spend time outside in nature

Fear:

- Take a few deep breaths or complete a guided breathing exercise on YouTube
- Take a bath
- Cuddle a pet or soft toy
- Journaling
- Take a walk in nature
- Have a warm drink
- Talk to someone you trust
- Try yoga or meditation
- Do grounding exercises
- Use aromatherapy oils
- Use a sensory item
- Complete a puzzle or play a game

Disgust:

- Try to control your sensory environment e.g. wearing loop earplugs or tinted glasses
- Take time away from the environment which is making you feel disgusted
- Take a few deep breaths or complete a guided breathing exercise on YouTube
- Use a sensory item for distraction
- Speak to a friend or someone you trust
- Listen to music or a favourite podcast

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