

Coping with emotions, feelings and thoughts

It is important to encourage young people to manage and release difficult emotions. Encourage them to develop their own methods of distraction, self-soothing and stress relief. These methods can be used by any young person. Every young person may develop different methods of coping with difficult feelings and thoughts. Here are some examples of coping strategies that young people might use:

Distraction, Self-Soothing & Stress Relief



- Writing in a **diary**
- **Chatting** with a friend or family member
- **Planning** a trip out
- Going for a **walk**
- **Gardening**
- Looking after and spending time with a **pet**

- Going to the **park** to look at the things around you such as trees, flowers and animals
- **Listening** to the sounds around you
- **Breathing** exercises
- Doing some exercise such as **yoga**



- Doing some arts and **crafts**
- **Drawing**/painting a picture
- Listening to **music**
- **Cooking** or baking
- Watching a TV show or **movie**
- **Reading** a book
- Playing a computer **game**
- Having a relaxing **bath**



- **Writing** down feelings and thoughts and rip them up if you'd like
- Listening to or creating loud **music**
- Using a pillow or **soft object** to punch to release frustration and anger
- **Talking** about feelings
- Using a **stress ball**
- Throwing a ball against a wall or **playing** ball games outdoors

Releasing and Managing Emotions



- **Shouting** or singing loudly
- Clenching an **ice cube** in your hand until it melts
- Repetitive writing or **counting**
- Tearing up **paper**
- Physical **exercise**