

# Thriving not Surviving: Developing your Coping Strategies Toolbox

Join Shamika for an empowering workshop designed to help you move beyond merely surviving stress to truly thriving. Learn practical tools and strategies to manage stress effectively, build resilience, and create a personalized coping toolbox that supports your mental and emotional well-being

**Click The Image to  
Watch The Workshop**



## Emotion Focused Coping

vs

## Problem Focused Coping

Focuses on regulating your feelings surrounding the stressor. Would be ideal in situations where stressors are out of your control.

Focuses on facing and eliminating the stressor to improve mood. Ideal in situations where stressors are within your control.

Coping strategies are not “one size fits all”. It is important to develop a coping strategies toolbox so we can use the right strategy for the right situation and cope effectively.

### 1 Breathing Exercises & Mindfulness

- Deep Relaxation Breathing (Diaphragmatic Breathing)
- Pursed-Lip Breathing
- Box Breathing
- 4-7-8 Breathing
- Alternate Nostril Breathing

### 2 Grounding Exercises

- 5 Senses Grounding
- Hand Tracing
- Hot/Cold Temperature Change
- Mindful Movement

### 3 Distress Tolerance Skills

T – Temperature  
I – Intense Exercise  
P – Paced Breathing  
P – Progressive Muscle Relaxation

### 4 Self-Compassion

- Reframing thinking so it is less self-critical
- Considering what advice you would give to a friend
- Thinking about other ways in seeing the situation (realistic, helpful, kinder)
- Ask yourself how will you feel about this situation a year from now

# Resources

## Insight Timer

A large library of FREE guided meditations and breathwork

<https://insighttimer.com/>

## CALM APP

## Headspace APP

## Click to watch additional videos

4-7-8 Breathing Exercise Video



Mindfulness Exercise Video



Self-Compassion Exercise Video

