

## **Present Life Counseling of Marin**



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### **❖ Tips to increase coping skills**

- ❖ Don't be afraid to ask friends and family for support. Your friends and family love you. It is OK to ask them to support you emotionally when times are rough. You might say, "I am hoping you can listen to how I am feeling right now. You do not need to fix me or fix the situation; I would just like to talk".
- ❖ Take the time you need to exercise and eat well. Eating well and exercising is not something you do "when you have the time". It is crucial to your mental and physical health. Even if you walk for 10 minutes outside it is a start.
- ❖ Think positive thoughts and if you are unable to do this, seek help. Positive thinking has been shown to improve your mental and physical state. Thinking differently really can and does change your mood.
- ❖ Be kind to yourself and others. Often, when there is stress, one can "beat oneself up" about being stressed, depressed or anxious. Feeling stressed can be a normal reaction to difficult times. The most important thing is how you can recover and move forward in times of stress.
- ❖ Laugh as much as possible. Seeing a silly funny movie really is extremely helpful to lift mood. Laughing really does change the brain. When we laugh, "feel good" chemicals flood our brains! Laugh at yourself as much as possible. When there is stress, anxiety and depression everything can feel too serious.

**Stay in the present. We are here, now**

