



**Canadian Mental
Health Association**
Windsor-Essex County

HEALTHY COPING STRATEGIES

1. Your body naturally wants to move towards healing.
2. You do not have to resign yourself to living in this state of tension and pain.
3. Try to avoid the urge to avoid, numb or repress your pain thinking “it will go away”.
4. Avoid behaviors such as keeping too busy, shopping excessively, using drugs or alcohol to numb the pain, gambling, rushing into a new relationship etc.
5. Develop healthy strategies to get through with some of the following suggestions:

<i>Emotional</i>	<i>Physical</i>	<i>Social</i>	<i>Cognitive</i>	<i>Spiritual</i>
Talk	Exercise Walk daily	Accept invitations	Make lists	Pray
Cry	Massage	Stay connected with friends and family	Accept offers of help or ask for help	Meditate
Journal	Yoga	Say “no” to maintain balance	Ask questions when you are unclear	Explore your belief system
Write letters to your loved one	Meditation Deep breathing	Surround yourself with supportive people	Keep things simple Only do what is necessary	Re-evaluate your world view
Write poetry to or about your loved one	Make healthy diet choices Drink water	Take time for solitude to reflect	Be gentle Recognize your cognitive limits	Make use of grief rituals
Use music or art to mourn	Avoid or limit alcohol and caffeine	Laugh		Start a gratitude list
	Good sleep routine			