**HELPING PEOPLE COPE IN HEALTHY WAYS**

Use a problem-solving approach to define the problem and make a coping plan.

1. Collaboratively assess and prioritize needs and concerns
2. Choose the most pressing controllable issue to address
3. Brainstorm possible solutions to the problem
4. Consider pros and cons and choose a solution
5. Make an action plan for carrying out the solution

**HEALTHY COPING IS...**

- Consistently meeting basic needs for sleep, nutrition, and health
- Reaching out to others and finding ways to connect, even at a distance
- Expressing your feelings (e.g., journaling, crying, talking to supportive people)
- Doing daily activities that give a sense of pleasure or achievement (e.g., exercise)
- Trying to maintain a normal schedule as much as possible, or creating a new routine
- Using calming and compassionate self-talk
- Focusing on things you can control and what you can do about those things

**...RATHER THAN**

- Sleeping, eating, or taking medicine inconsistently or on an irregular schedule
- Withdrawing from family and friends or waiting for others to reach out to you
- Suppressing negative feelings, including with drugs or alcohol
- Withdrawing from activities or focusing only on activities that aren’t possible at the moment
- Working too many hours or avoiding responsibilities
- Using negative self-talk or treating worries like they’re facts
- Ruminating about things you can’t control or hypothetical situations