

## Parent Workshop: Self Care VS Coping Skills

### Coping Skills VS Self-Care

Coping skills are the daily go-to tools that help to relieve stress and improve mood.

Self-care is the regularly scheduled maintenance that helps to prevent and restore oneself from stress. If practiced frequently, one can minimize mental breaks and extended periods of stress.

Self-Care is the maintenance.

Coping skills are considered those quick fixes that remedy the situation.

Self-Care	Coping Skills
<ul style="list-style-type: none"><li>• A preventative measure</li><li>• Acts attending to your emotional, mental, spiritual, &amp; physical health</li><li>• Decrease extreme distress and burnout.</li></ul>	<ul style="list-style-type: none"><li>• Used to get you through the tough times</li><li>• Activities or tactics you use when you're in a stressful situation</li><li>• Strategies you can use when you need to buy a</li></ul>

### Examples of Self-Care:





### Smart Phone Self-Care Apps:

Headspace (mindfulness App)

Calm (Promotes better sleep)

Sunshine Inspiration (an app to send daily motivational quotes)

Booster Buddy ( an app for children giving you a cartoon selfcare buddy)

Offtime (An app that analyzes your screen time and recommends a certain amount of time off devices)

### Examples of Healthy Coping Skills:

- Positive talk- “Reminded I am not expected to be perfect”
- Sleep / Exercise / Nutrition
- Mindfulness / Meditation / Breathing
- Music / Art
- Journaling
- Pet Time
- Talk it Out
- Strength Focus
- Laughter
- Happiness

## Coping Skill: Opposite Action:

# Change Unwanted Emotions

Skill of Opposite Action:

-  1 Identify an emotion that they would like to change
-  2 Identify the action urge associated with the emotion
-  3 Engage in the opposite of the urge in order to make a change

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## Mental Health Hotline Resources

**2nd Floor Youth Helpline of New Jersey:** Call or Text 888-222-2228

**New Jersey Hopeline:** 1-855-654-6735

**Crisis Text Line:** Text HOME to 741741 to connect with a Crisis Counselor; chat feature also available through facebook messenger

**Rutgers UBHC Acute Psychiatric Services:** 855-515-5700

**Princeton Medical Center ER:** 609-853-7730

Questions?