

COPING STRATEGIES

HYPERAROUSSED

Anxious, Activated, Agitated

GOAL: CALMING,
CENTERING

- Deep breathing
- Aromatherapy: lavender, vanilla
- Meditation — use of meditation apps and guided imagery
- Progressive Muscle Relaxation
- Heavy blankets
- Listen to relaxing music and/or nature sounds
- Slow walk/run
- Self-massage — apply lotion
- Warm bath
- Get a pedicure/manicure
- Gentle stretching — Yoga
- Cuddle pets
- Drink herbal tea/warm lemon water

HYPOAROUSSED

Dissociated, “Spacey”,
Disconnected, Numb

GOAL: CONNECTING,
ENERGIZING

- Drink Cold Water
- Aromatherapy: Cinnamon, peppermint, citrus blends
- Jumping Jacks or push ups
- Listen to faster, upbeat music
- Dance
- Fast walk, run, skip — aerobic exercise
- Splash cold water on face
- Hold an ice cube in your hand
- Stand up and move around
- Stand on tip toes, balance on one foot
- Cool air on face/body
- Chew gum, mints, or cinnamon candies