

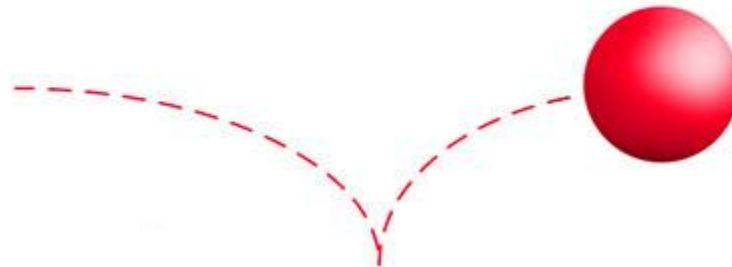
COPING STRATEGIES



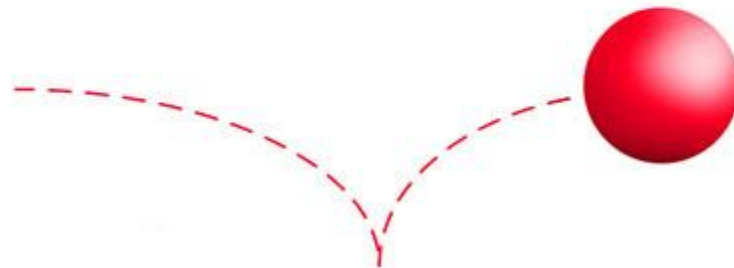
With grateful thanks to Nigel Sage
Clinical Psychologist



Resilience

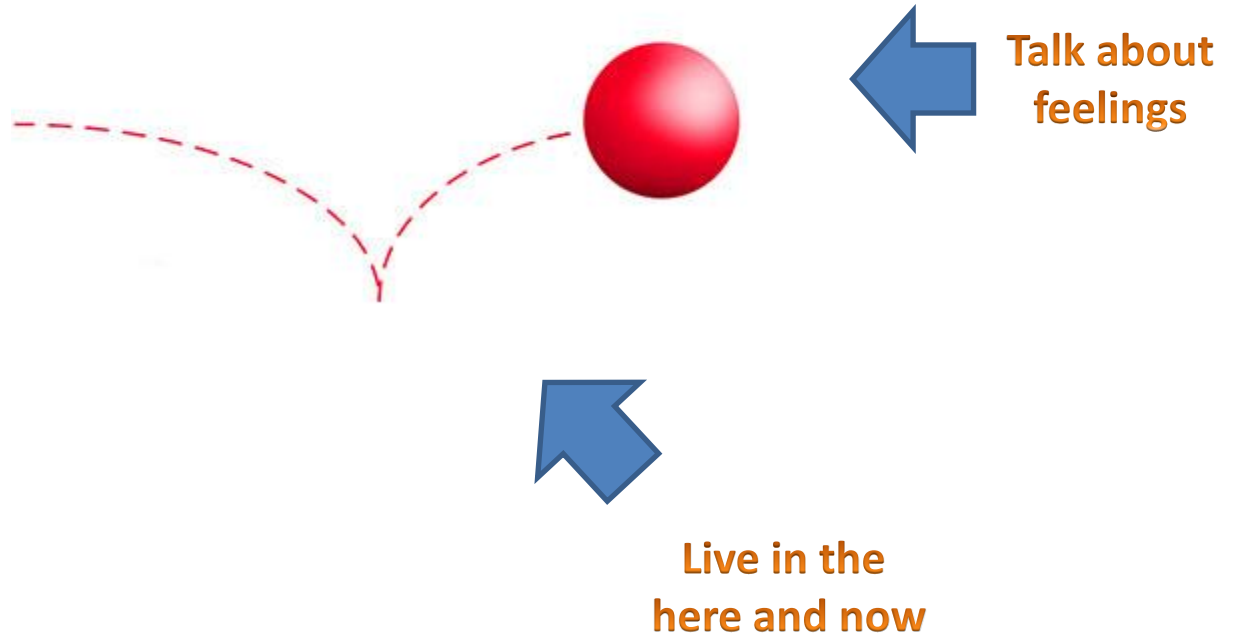


Resilience

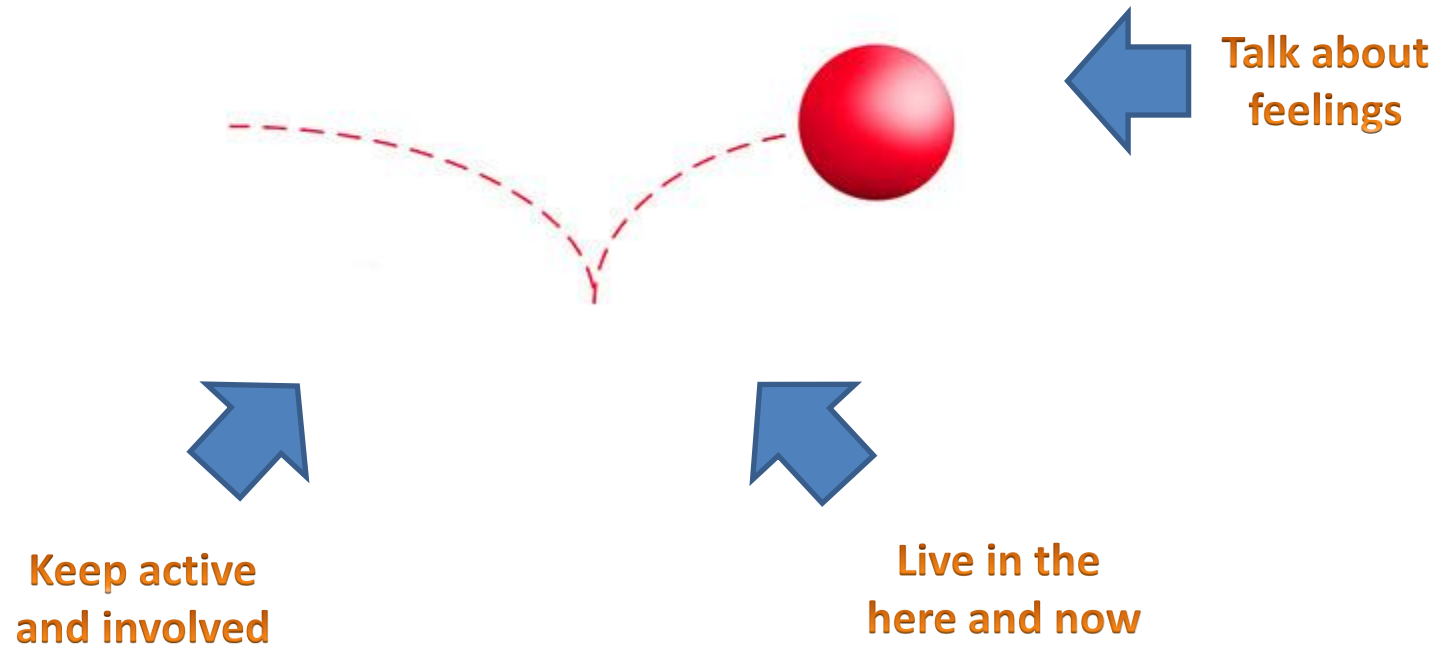


**Talk about
feelings**

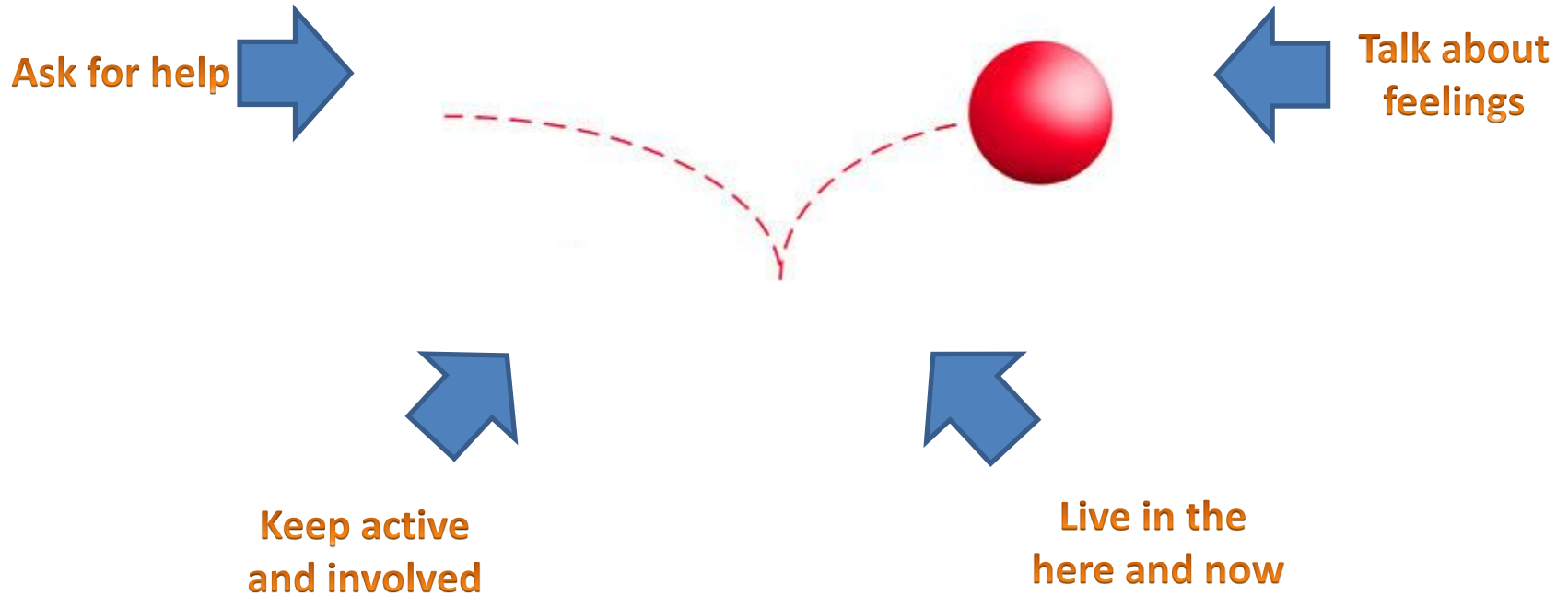
Resilience



Resilience



Resilience



Good routines

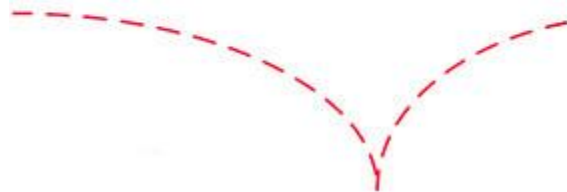


Resilience

Ask for help



Talk about
feelings



Keep active
and involved



Live in the
here and now









Good routines

Purposeful
activity

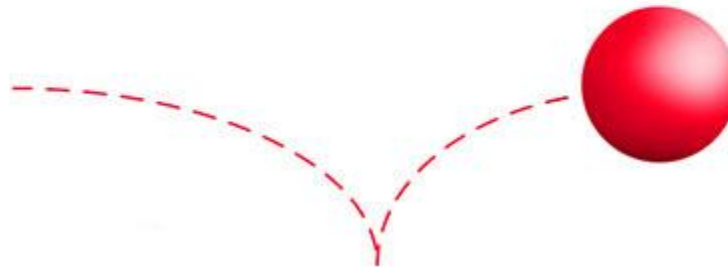
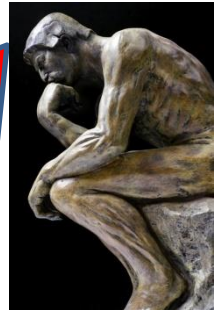
Resilience

Ask for help

Talk about
feelings

Keep active
and involved

Live in the
here and now





Good routines

Purposeful
activity

Resilience

Ask for help

Talk about
feelings



Keep active
and involved

Live in the
here and now



Good routines

Purposeful
activity

Resilience

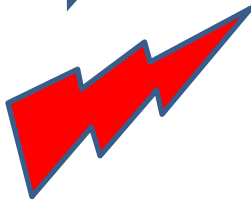
Ask for help

Talk about
feelings



Keep active
and involved

Live in the
here and now



Good routines



Purposeful activity



Resilience

Ask for help



Problem Solving

Talk about feelings



Managing Worry
Mindfulness
Problem Solving

Keep active
and involved

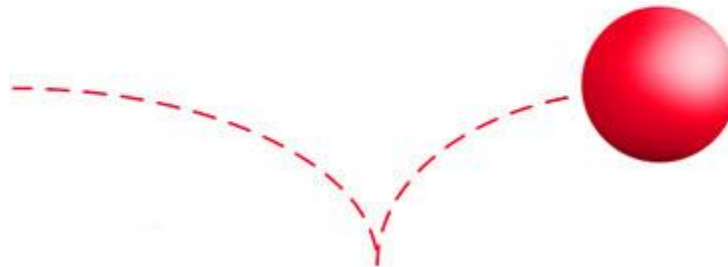


Pacing
Behavioural Activation

Live in the
here and now



Managing Worry
Mindfulness



Good routines

Purposeful
activity

Talk about
feelings

Live in the
here and now

Keep active
and involved

Ask for help

Resilience



Resilience

Good routines

Good Sleep Habits
Behavioural
Activation



Purposeful
activity



Ask for help



Problem Solving

Talk about
feelings



Managing Worry
Mindfulness
Problem Solving
Contact TalkPlus



Live in the
here and now

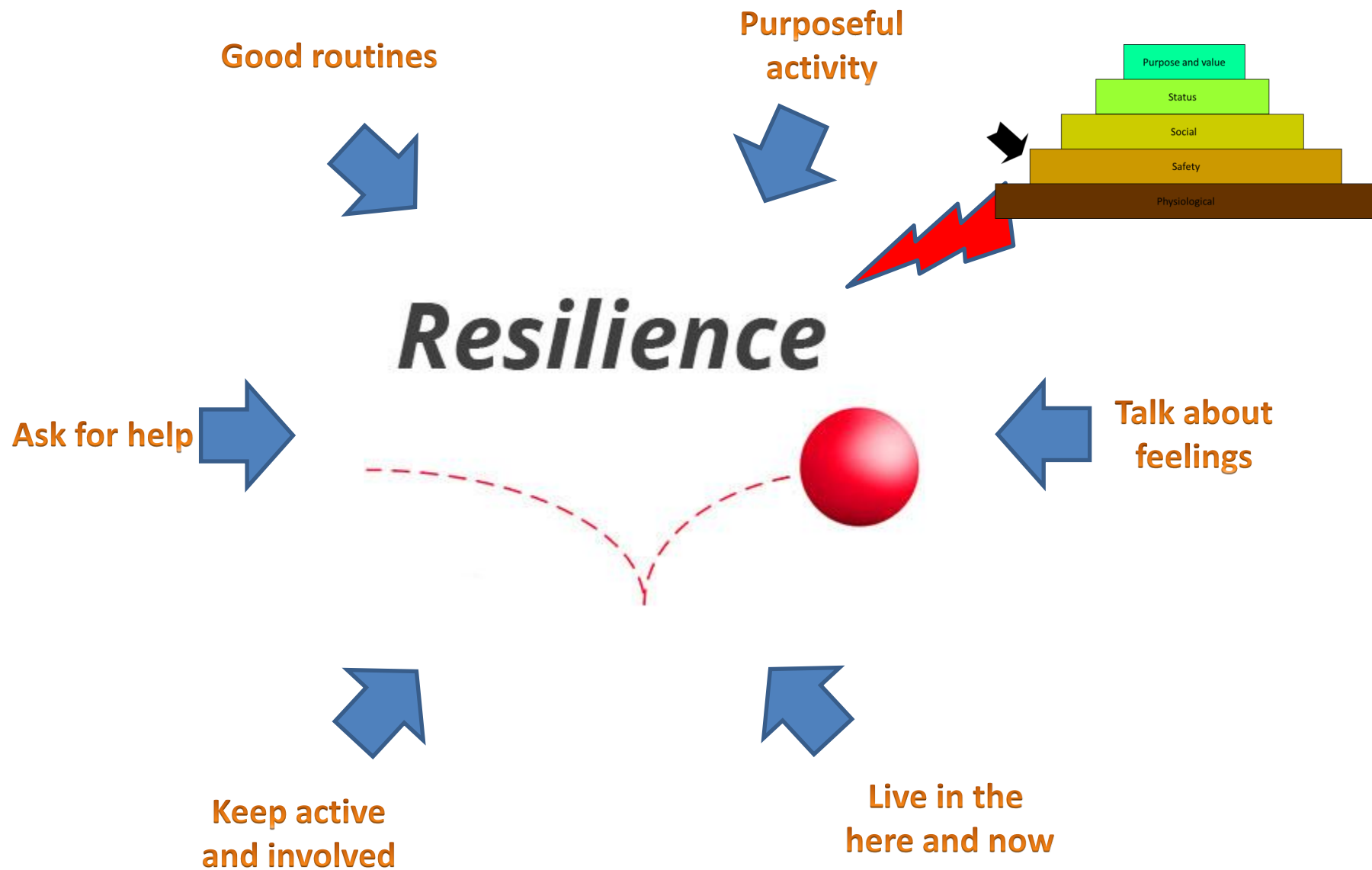
Managing Worry
Mindfulness

Keep active
and involved

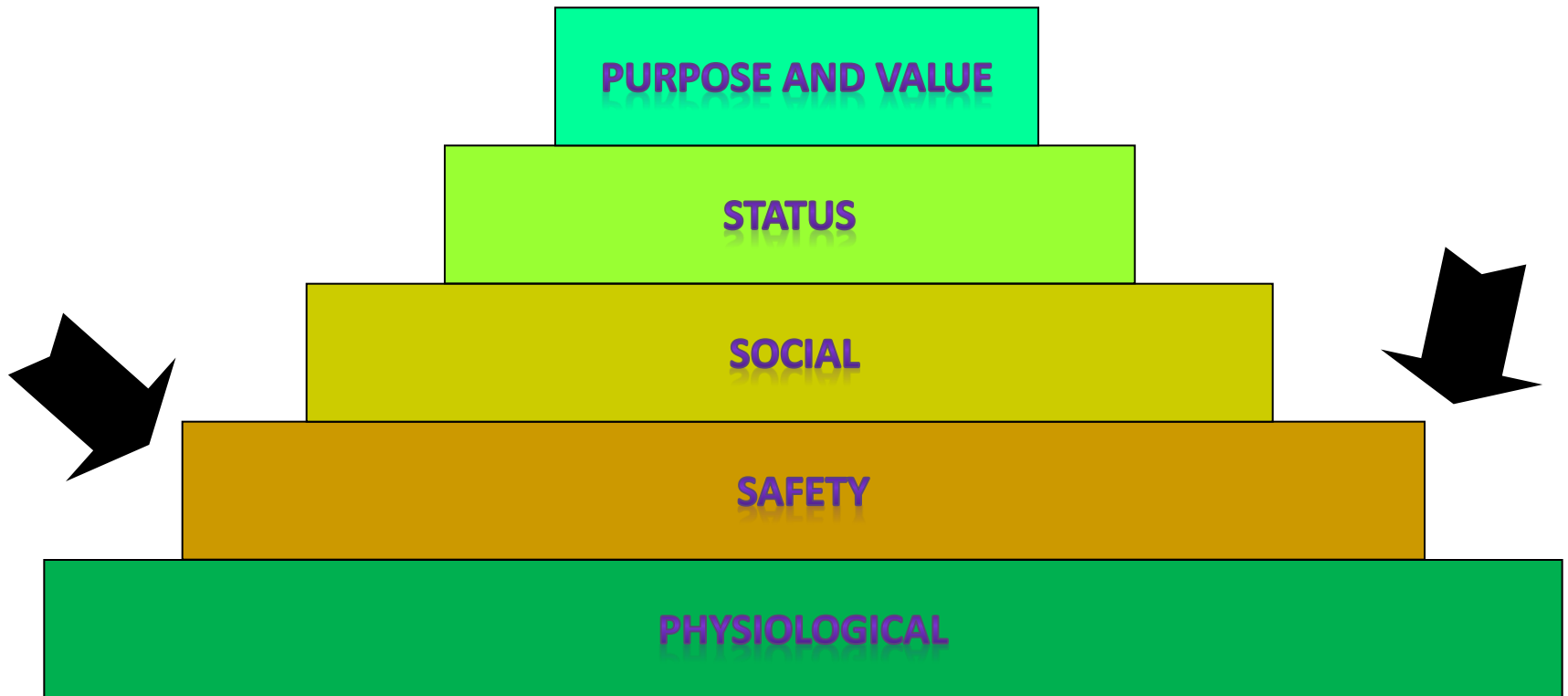


Pacing
Behavioural Activation

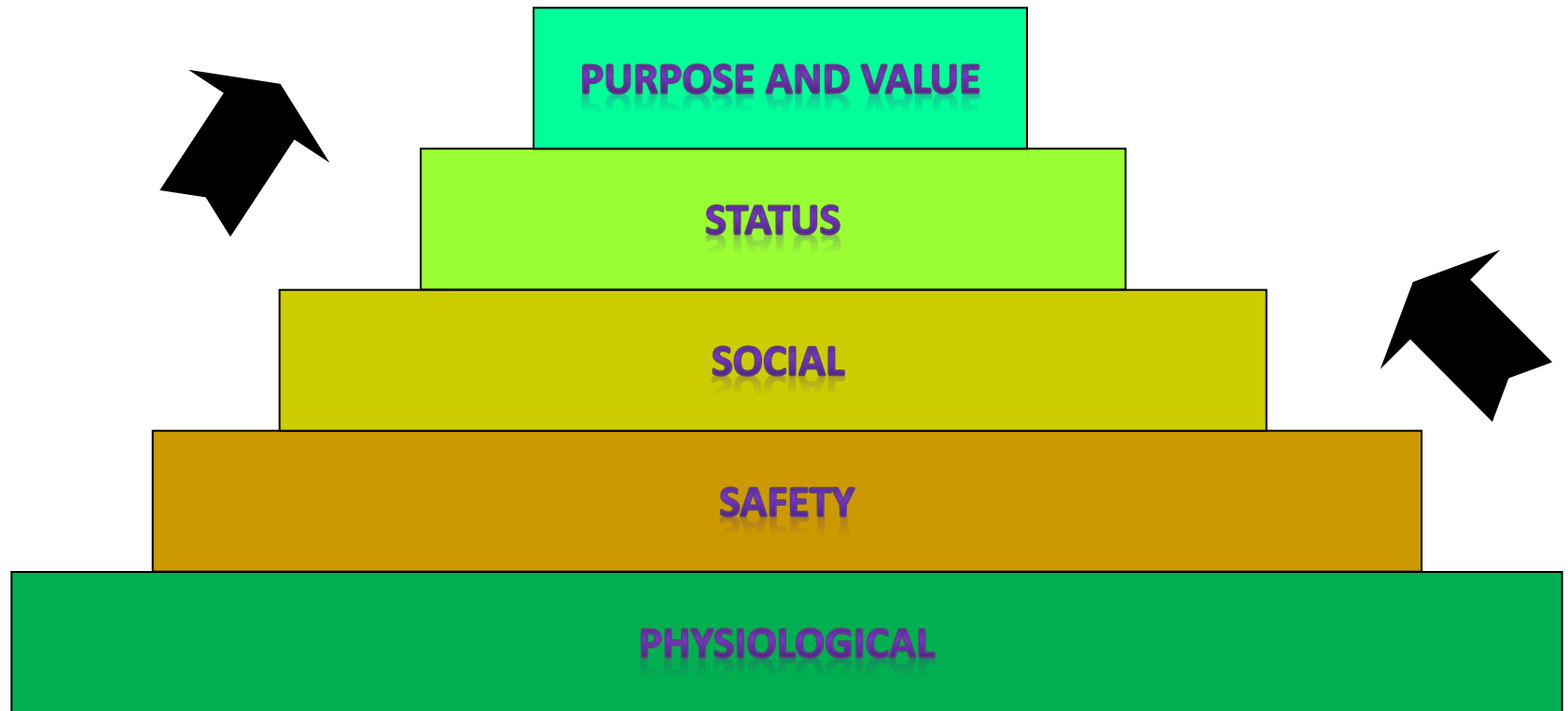




Personal Priorities



Normalising Life





Positive Thinking





**COMPASSIONATE
THINKING
WORKS BETTER**

Take Home Message

- When we are coping with extended periods of stress, or a long term health condition, our normal coping strategies might not work as well
- There are some different ways of managing that you might want to learn about and try out

Next Steps

- Look at this video a couple of times if you recognise that some of these coping strategies are no longer working for you
- Maybe make a note of the different techniques suggested
- Click on these techniques to learn more about them once this video has finished

Next Steps

- A PDF is freely available at <https://www.talkplus.org.uk>