

Tips To Cope With Stress!



When you may not be feeling very positive and don't have someone to chat to, it can be good to have multiple coping strategies to draw from. So, the group members of TransMascSA put together a list of some things that they use and want to share with others who may need it. This is not a definitive list. Feel free to add your own coping strategies and don't forget to use resources such as Life Line (13 11 14), Kids Help Line (1800 55 1800) and Q Life (1800 184 527) if you need to chat with someone immediately and / or you're in crisis. .

- Deep breathing techniques (breathe in for 5 seconds, out for 7 seconds and repeat x3)
- Ask yourself, is this negative or positive self-talk?
- Reflect and try putting things in perspective – what is real, what am I over thinking?
- Weigh up the evidence – is it really as bad as I think it is?
- Thought blocking and other visualizations
- Use distractions – how many things in the room start with A, B, C, etc.
- Think about how far you've come and what you've achieved - even small things are a positive!
- Set a goal to learn something new such as a language or skill
- Journal or write down your thoughts
- Physical exercise / go for a walk
- Singing, playing or listening to music
- Practice self-soothing techniques such as meditation / have a warm bath / wrap yourself in a soft blanket / burn incense or scented candles
- Play with a pet – research has shown petting a dog can lower blood pressure and increase positive feelings.
- Watch a funny movie / tv show / YouTube clip
- Read or write positive affirmations
- Read a book or magazine
- Write a short story or novel
- Play a video game
- Plan something to look forward to
- Set a goal you are excited to achieve
- Listen to relaxation music / guided meditation / self-hypnosis
- Make a list of the good things about you and your life
- Draw or colour in
- Think about positive things in a role model you admire and some qualities you may share or wish to strive to.

TransMascSA acknowledges the Kurna People as the traditional custodians of the greater Adelaide Plains. TransMascSA respects and promotes the well-being and heritage of the Kurna People and wishes to walk together to promote a safe, healthy and happy future.