

SHARON'S LIST OF COPING SKILLS

Physical Activities

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| <ul style="list-style-type: none"> 1 Walking (15 to 30 min/day) 2 Step Goal (7,000–10,000 steps/day) 3 Cardio–Jog or Run (30 min–1-3x/week) 4 Cardio–YouTube video (your choice 3x/week) 5 Cardio–Dancing (anywhere 😊) 6 Weight Training (YouTube video–basic 2x/week) 7 Weight Training (Gym-use a professional coach) 8 Stretching (see below^a) (daily 5-15 min) 9 Balanced meals (Healthy foods/60-70% of diet) 10 Intermittent Fasting 8pm-8am (12 hours/day) 11 Intermittent Fasting 8pm-12pm (16 hours/day) 12 Get 7–8 hours of sleep (each night) 13 Writing–Gratitude Statement (daily) 14 Writing–Gratitude Journal Entry (weekly) 15 Writing–Journaling thoughts (weekly) 16 Writing–Letter to God (1 letter/quarter) 17 Writing–Grief/Loss experienced (as needed) 18 Get up from laptop & walk around (2 min/hour) 19 Get up from sitting & walk around (2 min/hour) 20 Sorting/purging items (At least once/quarter) | <ul style="list-style-type: none"> 21 Make To Do Lists (and do some of them) (Daily) 22 Shopping–Clothes (budgeted) 23 Shopping–Accessories (budgeted) 24 Observing nature (look out a window or sit outside) 25 Wearing your favourite colour (eg pink) (Often) 26 Listen to uplifting music (Daily) 27 Attend Church (Sundays) <p>Other activities (not my thing but may be yours 😊)</p> <ul style="list-style-type: none"> 28 Cardio–Cycling 29 Cardio–Swimming 30 Cardio–Skiing / Snowboarding (winter) 31 Cardio–Martial Arts 32 Cardio–Golf / Tennis 33 Cardio–Yoga / Pilates 34 Cardio–Group sports (e. Hockey, soccer, baseball) 35 Cardio–Group fitness classes (membership required) 36 Cardio–Gardening 37 Cardio–Bowling 38 Hobby–Knitting / Crocheting / Sewing |
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^a <https://www.webmd.com/fitness-exercise/ss/slideshow-stretches-to-get-loose>

Mental/Emotional Activities

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| <ul style="list-style-type: none"> 39 Reading–Bible (Daily) 40 Reading–Non-Fiction books (1 book/quarter) 41 Reading–Fiction books (1 book/quarter) 42 Reading–Professional development book (yr) 43 Reading my journal entries to see my progress 44 Watching Sermons/YouTube Videos^b (1x/week) 45 Watching movies (eg Hallmark (Don't judge 😊)) 46 Watching TV shows (eg drama/games/reality) 47 Watching comedy shows (eg The Skit Guys) 48 Prayer–daily (5-30 min) 49 Devotion (eg YouVersion app) (5-15 min/daily) 50 Reflection (on my day) (15 min/daily) 51 Applying my skills to my current job | <ul style="list-style-type: none"> 52 Providing guidance to teammates (work days) 53 Take a mental health day (1x/quarter) 54 Focus on breathing (eg. Deep breaths) 55 Reframing my thinking (focus on blessings) 56 Smiling (think of a memory that makes me smile) 57 Counselling–Seek wise (Christian) counsel 58 Become a mentor (coach) 59 Find a mentor who I aspire to become 60 Playing games that require strategy (eg Scrabble) <p>Other activities (not my thing but may be yours 😊)</p> <ul style="list-style-type: none"> 61 Playing online games that require mental skills 62 Playing card games |
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^b Example: InTouch Ministries, Insight for Living, Wetched Radio, The Beat, Cross Examined

Social Activities

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| <ul style="list-style-type: none"> 63 Plan outings (alone or with people) 64 Plan get togethers (look forward to them) 65 Invite out/over family/friends for coffee 66 Invite out/over family/friends for Lunch 67 Invite out/over family/friends for Dinner 68 Go Shopping with friend(s) 69 Go on Day Trips (1x/quarter) 70 Call friends (daily or weekly) 71 Email friends (daily or weekly) 72 Text friends (daily or weekly) 73 Social Media (eg LinkedIn) (30 min/week) | <ul style="list-style-type: none"> 74 Talk to your neighbour(s) (weekly) 75 Say “Thank you” (eg grocery store cashier) 76 Say “I’m sorry” (eg when you are wrong) 77 Be kind/supportive to your co-workers/boss (daily) 78 Give the gift of your time to someone in need 79 Ask people you know if there is something they need <p>Other activities (not my thing but may be yours 😊)</p> <ul style="list-style-type: none"> 80 Video call (Skype/Zoom) (30 min/day) 81 Find a group that shares your interest (Internet^c) |
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^c I am not endorsing any specific app or website because it really depends on your interests

Spiritual Activities

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| 82 Serenity Prayer (The Skit Guys YouTube video) | 87 Pray for others in need |
| 83 Take a Sabbath moment (eg 1hr) (Fri/Sat/Sun) | 88 Give myself grace (be kind to myself) |
| 84 When feeling lonely/isolated—cry out to the Lord | 89 Choose joy |
| 85 Pray for unsaved loved ones | 90 Forgive (keep a short account of wrongs) |
| 86 Pray for your enemies | |

Believe God's promises (Saved by grace through faith) (Ephesians 2:8-9)

Practice positive spiritual self-talk with these examples:

- 91 Trust in the Lord with all your heart (Proverbs 3:5)
- 92 Delight in the Lord (Psalm 37:4)
- 93 Commit your way to the Lord (Psalm 37:5)
- 94 Nothing will separate us from the love of God (Romans 8:38-39)
- 95 Ask God for wisdom (James 1:5-6)
- 96 Be still (learn to wait patiently) (Psalm 46:10)
- 97 Come to the Lord and He will give you rest (Matthew 11:28)
- 98 Jesus give us His peace (John 14:27)
- 99 God will never leave us nor forsake us (Hebrews 13:5)
- 100 God's mercies are new every morning (Lamentations 3:22-23)
- 101 Walk by faith, not by sight (2 Corinthians 5:7)
- 102 We know that all things work together for good (Romans 8:28)
- 103 Learn to be content (Philippians 4:11)
- 104 Put on love (Colossians 3:14)

Rewards for successes

- 105 Plan a special activity (eg 'me time' such as rest or bubble bath) (weekly/bi-weekly)
- 106 Plan a treat day (Chocolate/Ice Cream) (weekly/bi-weekly)
- 107 Book a 30 Minute Massage with an RMT (1/quarter)
- 108 Shopping—Gift (small) to celebrate successes (weekly)
- 109 Book a spa activity (facial, manicure, or pedicure) (2/year)