

Coping Strategies by Emotion

This guide provides a list of strategies which might help individuals to regulate themselves when experiencing challenging emotions. The strategies are split by emotion, but there is lots of crossover between the lists.

Sadness:

- Listen to your favourite song
- Watch your favourite TV show/movie
- Make time for your favourite hobbies
- Journalling
- Take a few deep breaths or complete a guided breathing exercise on YouTube
- Spend time with people you love and value
- Cuddle a pet or favourite toy
- Watching something funny
- Exercise
- Follow a routine for eating and sleeping
- Spend time in nature
- Express your emotions creatively: through art, crafts, music or drama

Anger:

- Write down what makes you angry and shred the paper into little pieces
- Shout into a pillow or hit a pillow
- Use a boxing pad and gloves
- Crush an ice cube in your hand
- Talk to someone you trust
- Exercise
- Squeeze a stress ball
- Do grounding exercises
- Use a sensory item
- Run cold water on your hands or feet
- Write or draw the reasons for your anger
- Spend time outside in nature

Fear:

- Take a few deep breaths or complete a guided breathing exercise on YouTube



- Take a bath
- Cuddle a pet or soft toy
- Journalling
- Take a walk in nature
- Have a warm drink
- Talk to someone you trust
- Try yoga or meditation
- Do grounding exercises
- Use aromatherapy oils
- Use a sensory item
- Complete a puzzle or play a game

Disgust:

- Try to control your sensory environment e.g. wearing loop earplugs or tinted glasses
- Take time away from the environment which is making you feel disgusted
- Take a few deep breaths or complete a guided breathing exercise on YouTube
- Use a sensory item for distraction
- Speak to a friend or someone you trust
- Listen to music or a favourite podcast

