



**COPING SKILLS:  
TIPS, TRICKS,  
STRATEGIES**

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# GENTLE REMINDERS

Consider all methods of coping skills: thought focused, imagination based, sensory focused, body focused, individual versus social.

1

Coping skills are anything that helps us feel happy, calm, safe, comfortable, etc. They don't have to be "big" things that require money or large amounts of time.

2

3

Strive for balance: skills you do on your own vs with others, types of skills used, length of time (5 minutes vs one hour vs. self care day), free vs costly, etc.

4

Intentionality is important! Don't do a coping skill or calming activity on auto pilot. Slow down, give intention, love, and care to what you are going to engage in.

# 4 PHASES FOR SKILLS

01.

## Baseline "Regular Life"

During our "regular" life, we should be using daily/weekly strategies to keep ourselves feeling generally well and comfortable. These can be typical routines that support overall well being. Examples: hygiene routines, social activities, hobbies.

02.

## Leaving Baseline "Ramping Up"

Something may happen which tips us out of our regular baseline, we are now starting to feel some tough emotions. We need to start using some additional skills to prevent these emotions from escalating further. Examples: journaling, distractions, meditation, cognitive skills.

## Returning to Baseline "Cool Down"

Our body can't maintain peak intensity for long, we will make it over the mountain and begin regulating. This is where activities that support relaxing our body can be helpful in getting back to baseline. Examples: calming music, gentle smells, napping, reducing sensory input.

## Peak Crisis "The Worst Of It"

Our emotions are at the top of the mountain now, and are peaking in intensity. We need to view this as a crisis and use the most impactful regulation activities we have to begin calming. Examples: cold shower, 54321, muscle relaxation, safe discharge of energy.

04.

03.

# WHY BLOOMING CLEMATIS?



Our practice focuses on serving individuals, couples, and families across Chandler, Tempe and Phoenix, Arizona. Located right next to Kiwanis Park, our clients have a beautiful view of the park, wildlife, and nature from our cozy therapy offices.

We offer systemic, trauma-informed therapy that is grounded in structure, cultural awareness, and collaboration. We help clients move from surviving to thriving with intentional, goal-directed services.



## QUICK TIPS

- Insurance Accepted
- Sliding Scale available
- Free 15 minute consultations offered
- In person sessions available
- Virtual available for all of AZ

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Sight: Focus on 5 different things you can see. Look at the shape, position, colors, and what makes them unique.

Touch: Feel 4 different things within your reach. How do the textures feel different from each other?

Taste: What is 1 thing you can taste or imagine how it would or might taste?

## GROUNDING TO THE PRESENT

Smell: What are 2 things you can smell? Can you generate a smell or imagine a smell based on what is nearby?

Sound: What are 3 things you can hear? How quiet or loud are the sounds? Are they pleasant?

# PROGRESSIVE MUSCLE RELAXATION

This activity focuses on tensing and relaxing muscles slowly and methodically. It allows the generation of the relaxation response without conscious thought. It can increase a feeling of control and influence over the body, even when it feels out of control.



**1**

Focus on one muscle group at a time, tensing muscles, holding for 10 seconds, then release. Breathe in when tensing, breathe out to release.

**2**

Start with your feet, move to your legs, stomach, arms, chest, shoulders, face, and end with tensing the entire body then releasing.

**3**

If you are unable to devote more than 5 minutes to this, focus on tensing and relaxing one group of muscles at a time (just feet/ legs or arms/ hands).

# ABOUT US

At Blooming Clematis Therapy, our mission is to provide structured, trauma-informed, and culturally responsive therapy and professional development which honors the full system each person lives and operates within.

We recognize that distress, pain, healing, and growth do not exist in isolation. They live and grow within relationships, families, cultures, histories, and systems of power. Our work integrates systemic understanding, feminist approaches, awareness of power and control dynamics, with goal-oriented treatment to create meaningful, measurable change.

We believe therapy, as well as professional growth and development, can be depth-oriented while being focused. The learning and growth process does not require indefinite services, it requires transparency, collaboration, and intentional movement toward defined goals.

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# IMAGINATION FOR GROUNDING



Choose a source that represents comfort, healing, strength, or support for you. It may be a place, thing, energy, element, value, or something else.



Choose a color to visualize the light representing your source. It can be your favorite color or one that is related to your source.



Picture the color of your chosen source creating a steady, supportive light that surrounds and holds you. A protective boundary forms around you.

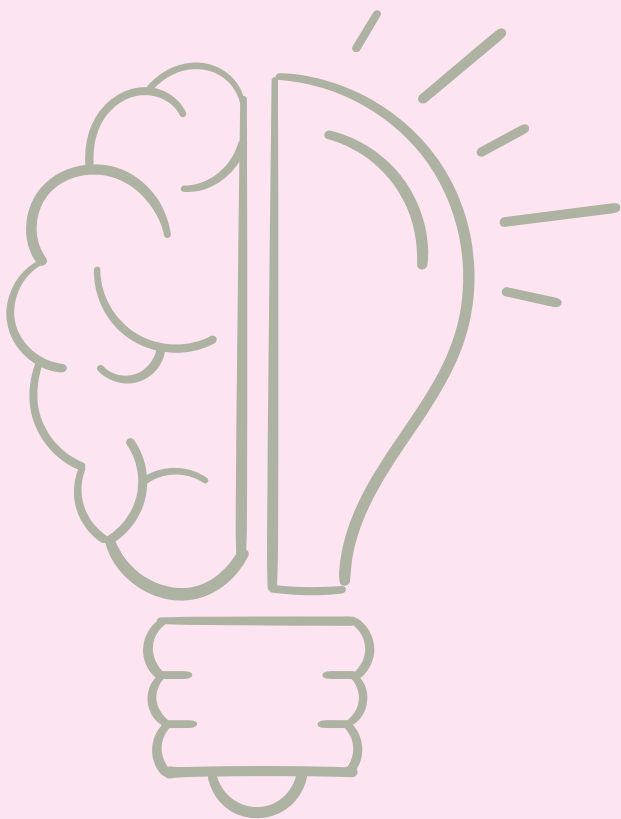


Allow the light to gently flow through you, softening sensations and thoughts. As it moves, it removes tension and leaves calm and relaxation in its place.

# COGNITIVE COPING SKILLS

1

Categories- Think of things from random categories (author, song, plants, artists, cars, etc)



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2

Counting- Start at 100 and count down to 0 by 7's

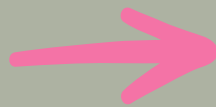
3

Spelling- Spell names, objects around you, streets, etc, forward and backward



# REFRAMING THOUGHTS

Our thoughts influence our feelings which influence our behaviors.



Unhelpful and unrealistic thoughts can intensify emotions and cause behaviors that may be unhelpful.

Reframing thoughts to be supportive, realistic, and kind to the self can reduce intensity of negative emotions.



Replacement thoughts DO NOT necessarily have to be positive or opposite thoughts.

Reframing thoughts are not meant to ignore reality or pretend something isn't true.



The only goal is to return to the logic brain so that coping and communication skills can be used effectively.

# EXPRESSING THOUGHTS AND NEEDS



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## I Feel...

Share the specific emotions you are feeling. Focus on listing 1-3 emotions and avoid listing thoughts. Thoughts are not feelings.

## When...

Summarize the behavior or experience that is causing your emotions. Focus on generalizing the behavior and avoid blaming language (no "you" statements).

## Because...

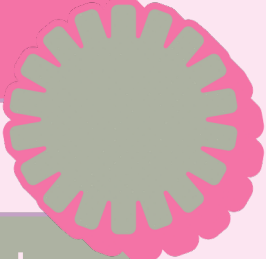
Explain why the behavior causes the emotional reactions you are having. You may also explain a reason for why you prefer the behavior is stopped.

# AFFIRMATIONS & REMINDERS



It's not that something is wrong with me, I am just navigating a difficult and challenging situation.

Things are only as important as the meaning I assign to them. I can choose if I accept a thought into myself or not.



This is a normal reaction to an abnormal situation.



I don't have to do things perfectly but I do need to keep trying.

I can do more than survive...  
I can thrive.

I have access to tools and skills that I can use to support myself.