

25 ideas to help cope with panic and trauma reminders



1. Go for a walk
2. Change your scenery (go to another room, etc.)
3. Play with a fidget toy or other object that stimulates your sense of touch
4. Run your hands under cold water
5. Watch something funny
6. Self-massage your hands or feet
7. Stretch
8. Describe aloud what you see right around you in minute detail
9. Stand on one foot
10. Deep breathing (in for 4, hold, out for 6)
11. Taste something tart or spicy
12. Listen to your favorite music
13. Call a friend
14. Journal
15. Write a letter (that you will never send!) to someone who you wish you could say something to
16. Use an app or a video online to guide you into relaxation
17. Try ASMR
18. Pet an animal
19. Remind yourself that you are here (name place) now (name date)
20. Hug a loved one
21. Make some tea
22. Stand up and touch your toes... and hang there for a bit
23. Snap a rubber band on your wrist
24. Wrap yourself in a warm blanket or hoodie
25. BE KIND TO YOURSELF!!!