



Coping Strategies

When feeling stressed it can be difficult to remember strategies that have helped you in the past. Below are some strategies that can help improve your mood and your ability to problem solve:

Take Care of the Basics:

- **Focus on getting enough sleep.**
- **Fuel up on healthy foods.**
- **Focus on breathing.**
- **Exercise** – walk, go to the gym, dancing, try yoga.
- Ensure you have **emergency numbers** i.e. crisis line 604 872 3311 or youthinbc.com (chat).



Make Time to Unwind:

- **Do art or write** – pencil drawings, journaling, poetry, or write a compassionate letter to yourself.
- **Muscle relaxation exercises.**
- **Recall what positive coping strategies have been helpful.** Put them in your phone with a reminder.
- **Cuddle** something like a blanket or a favorite stuffed toy or **Curl up** on a couch with a book.
- **Listen to comforting music or go for a walk.**
- **Remind yourself of your strengths.**
I'm good at _____
- **Garden** – grow something, bring flowers into your room, visit the UBC farmers market.
- **Humor** – read a funny book, watch a comedy.
- Try to **bring yourself into the present**, and anchor in the “now”.
- **Do things as it feels OK** - feel empowered to say “no” if it feels too much.
- **Find a quiet, safe environment** e.g. botanical gardens at UBC, or a library, where you can relax.

Stay Connected/Get Involved

- **Call friends or family** when you need to talk.

What are two strategies you would like to try?

1. _____

2. _____

- **Build a support network** – contact old friends you have lost touch with, join an AMS club (ams.ubc.ca/clubs).
- **Have fun and meet new people by volunteering in your community** through AMS or the Centre for Student Involvement and Careers (students.ubc.ca/fun/give-back or ams.ubc.ca/work-volunteer/volunteer or involvement.ubc.ca/get-involved).
- **UBC Collegia** offers a home away from home for commuter students (students.ubc.ca/campus/discover-spaces-and-places/collegia).

Where to seek more help

Online

- Walkalong.ca has self-help exercises, mind steps, information and life charts.
- Mindcheck.ca – resources and self-help ideas.
- Mindshift at anxietybc.com/mobile-app is a great app and website, includes relaxation techniques.
- Lots of resources at students.ubc.ca/livewell/topics/#useful-resources

In Person

- UBC Counselling Services -students.ubc.ca/livewell

After Hours Crisis Help

- General crisis counselling and suicide prevention – 1-800-SUICIDE (1-800-784-2433).
- Local hospital emergency department.

