



# Resilience Coping Toolkit Solutions and Roadmap to Creating Stability

**Our mind body and soul needs balance, regularity, stability, safety and routine with a priority of self-care (Our brain thrives on stability and routine)**

## **P.L.E.A.S.E. Skill**

**PL** Take care of any **physical illness** (medical and dental needs)

**E Eat** three healthy meals a day (or eating at all for some people) nutritious, balanced foods

**A Avoid** any **mood-altering substances** like drugs or alcohol

**S Sleep** at least 7 or 8 hours (dim nightlight, stuffed animals to feel safer)

**E Exercise** 15 to 30 minutes a day 5 days a week (acts as a natural anti-depressant)

**Establishing safety internally** (by accepting parts, working with persecutor prosecutor parts, and inner conflicts).

**Establishing safety externally** (where you live, who you live with and the people you choose to have in your life)

**Create structure by having a schedule** (get up and go to bed at the same time, meals, exercise, activities)

**Trauma Processing** with Therapist

**Challenging negative thoughts, behaviors and patterns** into positive thoughts and constructive behaviors and patterns.

**Medication Management** (consistent intake, no skipping doses nor discontinuing without professional guidance)

**Practice good hygiene**

**Emotional regulation** (Learn to identify and manage intense emotions, including anger, anxiety, and sadness)

**Find ways to have less stress** by asking for help

**Sensory grounding kit** (pack with book, games, lotion, stress ball, notebook and pen, small stuffed animal to soothe and ground)

**Communicate effectively** (express your needs and emotions effectively)

**Set boundaries**

**Relaxation techniques**

**Coping strategies** (deep breathing, progressive muscle relaxation, and grounding exercises)

**Get help for any addictions** because they make cultivating stability nearly impossible.

**Goal Setting** (Set achievable short-term and long-term goals to create stability and purpose in your life)

**Mindfulness and Meditation:** Practice staying present in the moment to manage stress and emotions effectively.

**Live within your financial means** when possible

**Listen to music**

**Go out in nature**

**Go for a walk**

**Wait Technique:** when something happens give it at least 30 minutes before you respond and at least a couple days before responding in anger to someone you love. Usually, you will feel differently.

**Spend time with friends**

**Therapy**

**Pet your pet**

**Journal**

