

# The Coping Card



At times, we all feel stress, grief, conflict, or disappointment. When you are having a tough time, try some of the coping strategies below, or contact a resource on the other side of this card.



## Take care of your body

- Drink water & eat healthy meals
- Keep a consistent sleep schedule
- Meditate or take deep breaths
- Exercise in a way you enjoy: walk, bike, swim, hike, or dance



## Influence your thoughts

- Think of 1 good thing happening this week
- Plan an activity that you'll enjoy
- Take time to laugh & celebrate small wins
- Practice self-compassion—you are doing the best you can



## Connect with others

- Talk/text with a friend or loved one
- Thank someone for helping you
- Help someone accomplish a task
- Perform a random act of kindness



## Engage in the moment

- Listen or dance to music
- Feel your hands or feet in water
- Watch the sunset or spend time in nature
- Pet or snuggle with your dog or cat

**You are important. Caring for our patients, their loved ones and each other starts with caring for yourself.**



**For additional resources, please scan the QR code or visit [bit.ly/dukewellsupport](https://bit.ly/dukewellsupport)**



- Personal Assistance Service (PAS) . . . . . 919-416-1727**
- Employee Assistance in Raleigh/Wake County . . . . . 1-800-327-2251**
- Employee Occupational Health and Wellness (EOHW) . . . . . 919-684-3136**
- Peer Support Program . . . . . [hsq@duke.edu](mailto:hsq@duke.edu)**
- National Suicide Prevention Lifeline . . . . . 1-800-273-TALK**
- Crisis Text Line . . . . . Text HOME to 741741**