



Simple Strategies to Help Maintain Recovery while in Isolation

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What to expect?

01

GOING BACK TO
THE BASICS

02

PROBLEMS
THAT CAN
ARISE DURING
TIMES OF
ISOLATION

03

WHAT TO DO
ABOUT THE
POTENTIAL
PROBLEMS

Remember the Basics

- ◇ HALT (Hungry, Anger, Lonely, Tired)
- ◇ Cravings last up to 7 minutes
- ◇ 3 D's (Delay, Distract, Decide)
- ◇ Negative thinking (“Stinking Thinking”)
- ◇ Take it one day at a time

Triggers & Coping

- ◇ Triggers:
 - ◇ Loneliness
 - ◇ Boredom
 - ◇ Stress: uncertainty, financial, job loss, lack of freedom
 - ◇ Conflict
- ◇ Coping strategies:
 - ◇ Self- Care
 - ◇ Recovery box
 - ◇ What has helped you in the past?



A Coping Skills Toolbox

Let's make a Coping Skills Toolbox!

What is it?

A Coping Skills Toolbox is a place for you to keep things that calm you down in periods of distress. If you have everything gathered in one place, it's easier to remember to use your coping skills rather than using negative behaviors.

Self-soothing

(Comforting yourself through your five senses)

1. Something to touch. (EX: stuffed animal, stress ball)
2. Something to hear. (EX: music, meditation guides)
3. Something to see. (EX: snow globe, happy pictures)
4. Something to taste. (EX: mints, tea, sour candy)
5. Something to smell. (EX: lotion, candles, perfume)

Distraction

(Taking your mind off the problem for a while)

Examples:

Puzzles, books, artwork, crafts, knitting, crocheting, sewing, crossword puzzles, Sudoku, positive websites, music, movies, etc.

Opposite Action

(Doing something the opposite of your impulse that's consistent with a more positive emotion)

1. Affirmations and inspirations (EX: looking at or drawing motivational statements or images)
2. Something funny or cheering (EX: funny movies/TV/books)

Emotional Awareness

(Tools for identifying and expressing your feelings)

Examples:

A list or chart of emotions, a journal, writing supplies, drawing & art supplies

Mindfulness

(Tools for centering and grounding yourself in the present moment)

Examples:

Meditation or relaxation recordings, grounding objects (like a rock or paperweight), yoga mat, breathing exercises

Crisis Plan

(Contact info of supports and resources for when coping skills aren't enough)

Family/Friends
Therapist
Psychiatrist
Hotline
Crisis Team/ER
911

Put it all together!

Once you've gathered all of your items, put them together in a box or other container, decorate it to your heart's content, and put it in a place where you'll remember it. Then USE IT!!

Maintain a Support Network

- ◇ Online Meetings
- ◇ Zoom or FaceTime calls with friends or family
- ◇ Socially distanced get togethers
- ◇ Meetup.com
- ◇ Anything you did prior to pandemic that you can bring back?

Get Excited Again

- ◇ Generating motivation:
 - ◇ Setting new goals
 - ◇ Forming a new routine
 - ◇ Change-up your environment
- ◇ Low mood or feeling complacent?
 - ◇ Gratitude list
 - ◇ Shown to improve well-being, and heighten positive emotions

Questions