



BLACK EMOTIONAL AND MENTAL HEALTH
COLLECTIVE

COMMON COPING STRATEGIES



MINDFULNESS

Activities that bring us into the present moment: Meditation, Prayer, yoga, tai-chi, breathing exercises

NURTURING

Activities that nourish and enrich our body, spirit, self-esteem; affirmations, massage, reiki, aromatherapy etc.



REDIRECT

Activities that give us a different focus: art, video games, cooking, reading,, learning a new skill

SOOTHING

Activities that nurse our feelings, temporarily relieve discomfort, can be compulsive or excessive.



EMOTIONAL AWARENESS

Activities that give us emotional catharsis and connection: feelings wheel, naming & expressing the feeling, journaling, coloring

COMMUNITY CARE PLANNING

Planning and mapping out self, family and community needs.