

# The Coping Card



Sometimes things get stressful. Be kind to yourself, remember that we're all doing the best we can, and try some of the following quick coping strategies.



## Basic Needs:

Take care of your body.

- Drink water. Eat well.
- Move around or exercise.
- Sleep or rest.
- Take one deep breath, in through your nose and out through your mouth.



## Self-Talk:

- Celebrate small wins.
- Think of one good thing you're grateful for.
- Practice self-compassion. Say: *I care about helping people, and I'm doing the best I can in a difficult time.*



## Grounding:

Check in with your body, and be in the moment—right here, right now.

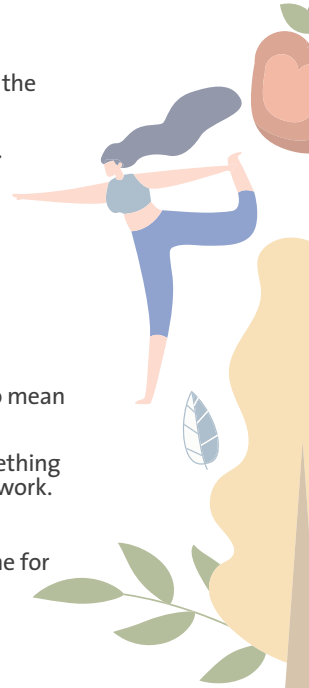
- Feel your pulse for 15 seconds.
- Wiggle your toes.
- Stretch.
- Go outside if you can.



## Connection:

Physical distancing doesn't have to mean emotional distancing.

- Talk with a buddy about something you care about, unrelated to work.
- Text a loved one to check in.
- Once each day, thank someone for their contribution.



# Caring for our patients, their loved ones and each other starts with caring for yourself.



This card has quick ideas for how to sustain yourself through any tough time.

## For additional resources,

please scan the QR code at right or visit [bit.ly/dukewellssupport](https://bit.ly/dukewellssupport)



- Duke Emotional Support and Well-Being Line:** . . . . . 919-681-1631
- Personal Assistance Service (PAS):** . . . . . 919-416-1727
- Employee Assistance in Raleigh and surrounding areas (Business Health Services):** . . . . . 1-800-327-2251
- Employee Occupational Health and Wellness (EOHW):** . . . . . 919-684-3136
- National Suicide Prevention Lifeline:** . . . . . 1-800-273-TALK