



# Coping day-to-day

While deeper healing often requires therapeutic support, there are practical ways to support yourself in everyday life.

1



## Build awareness without judgment

Start noticing patterns:

- “When do I shut down?”
- “What situations trigger me?”
- “What did I learn growing up about emotions?”

Awareness is not about blaming—it’s about understanding.

2



## Regulate the nervous system

Small, consistent practices can help shift the body out of survival mode:

- Slow breathing (longer exhale than inhale)
- Grounding through senses (5–4–3–2–1 technique)
- Gentle movement (walking, stretching, yoga)

3



## Name emotions in simple language

Even basic labels like “overwhelmed,” “tense,” or “unsafe” can help the brain process experience more clearly.

4



## Interrupt inherited patterns

This might look like:

- Pausing before reacting
- Practising saying “no”
- Allowing discomfort without avoidance
- Choosing new responses in familiar situations

5



## Create safe connection

Healing often happens in relationship:

- Trusted friends
- Support groups
- Safe community spaces
- A consistent therapeutic relationship

