

HOW TO USE COPING SKILLS WHEN YOUR NERVOUS SYSTEM IS STIMULATED

1. Notice and name the overwhelm (can write down or just mentally think about this)
 - Notice and name where it is in your body
 - Notice and name the emotions
 - Notice and call out the thoughts
 - Notice and name the urges/behaviors
2. Rate your subjective units of distress (SUD) on a scale of 1-10 (1 = calm/neutral; 10 = worst disturbance imaginable)
3. Continue and stay with noticing until you can commit to using your coping (this is the time to pray and surrender to God what you are noticing)
4. Select and use a coping skill (until your SUD is cut in half or until you can commit to proceeding back to task)

Note: Pray and ask for God's blessing that coping skill will help and for wisdom on how He wants you to cope; follow and submit to His leadings (He may have another way to cope and separate you from the overwhelm than what we have listed below)

- music, ear buds – when alone
- movies – 30 minutes only
- cold water – wash face
- exercise – sprinting from the door to the mansion for food
- e.g., _____

5. Now proceeded to perform task at hand
Note: Continue to use Step 4 prayer and coping (*i.e., pray & work; mingled with faith*) until you are willing to proceed to task.
6. Express gratitude for wisdom and answered prayer in this moment
7. (*Optional*) Write down and/or reflect on what you learned