

Coping Mechanism or Too Much of a Good Thing?

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Healthy Coping Skills

Movement	Connection	Self-Expression	Distraction	Mindfulness
Exercise	Play with pet	Journal	Read	Deep breathing
Yoga	Talk to a friend	Color	Music	Affirmations
Muscle relaxation		Dance	Photos	Objective observation

4 C's of Addiction

- Cravings
- Compulsion
- Control
- Consequences

The Iceberg

- Guilt
- Shame
- Trauma
- Avoidance
- Learned skills
- Mental health challenges

Finding Balance and Health

<i>Thoughts</i>	<i>Feelings</i>	<i>Actions</i>	<i>Support</i>
Core beliefs	Big emotions	Authenticity	Connection
Mindfulness	Feelings aren't facts	Vulnerability	Acceptance
Radical acceptance	Emotional regulation	Daily Practices	Accountability
Wise Mind		Habits	Treatment

