

Coping & Urge Management



RED ROOF
RECOVERY

Coping Skills

Emotional Awareness

(Tools for identifying and expressing your feelings)

Chart of Emotions

Journaling

Drawing

Distraction

(Taking your mind off the problem for awhile)

Puzzles, books, artwork, crafts, music, movies, positive media/websites

Opposite Action

(Doing something the opposite of your impulse that's consistent with a more positive emotion)

Affirmations and Inspiration like looking at or drawing motivational statements/images

Something funny or cheering

Positive books, movies, websites

Self-Soothing

(Comforting yourself through your 5 senses)

Something To Hear **Something To Taste**

• Relaxing Music

• Mints, Tea

Something To See **Something To Smell**

• Happy Pics

• Candle, Lotion/Oil

Something To Touch

• Stress Ball

Mindfulness

(Tools for centering and grounding yourself in the present moment)

Relaxation/Meditation recordings

Grounding objects like a rock or paperweight

Yoga

Breathing exercises

Crisis Plan

(Contact Info and Supports for Resources for when you need more than coping skills)

Family and Friends

Therapist

ER or 988 Suicide Crisis Helpline



Urge Management

You can rely on several 'self-control' strategies when managing urges and overcoming addictions. The use of these tools & techniques can be **planned ahead of time**, before a temptation is experienced.

Self-control strategies were found to be effective for people to manage their urges and reach their long-term goals. Those are:

Situation Selection — Avoid situations where temptation is present. For example, if you know there will be drugs/alcohol in the kitchen, avoid going into the kitchen. Preferably stay away from the house, the neighbourhood, the town. Avoid people, places, and things that you associate with past addictive behaviour.

Situation Modification — Alter situations to minimize temptation. For example, if you must attend a work event that revolves around alcohol, bring someone with you who doesn't drink. Having an accountability partner can help. Or, even better, you can opt out of attending any events that revolve around drinking.

Distraction — Diverting your attention away from a temptation is a very effective tool. Recovery doesn't take long ~ it takes a persistence willingness to exert consistent efforts to help yourself. Distracting yourself with another activity is an effective way to "surf the urge." Refer to the [100+ Things to Do Instead of Your Addiction](#) google doc, or find the list on the next page.

Reappraisal — Changing the way you think about a temptation can make it seem less appealing. For example, tell yourself things like, "Drugs & alcohol are disgusting, harmful, and can potentially kill me." Come up with thoughts that mean something to you, thoughts that will motivate you to resist the temptation, thoughts that you can think quickly whenever you feel an urge to drink/use. Consider an urge nothing more than an invitation, and you are free to decline all invitations!

100+ Things To Do Instead Of Your Addiction

A

Acceptance

Affirmations

B

Breathe Mindfully

Bake Bread

Bake Cookies

Browse In A Bookstore

Build A House Of Cards

Build A Snowman

C

Call A Friend

Call A Parent

Clean A Room

Clean The Mildew In Your Bathroom

Clean Your Closets

Clean Your Desk

Clean Your Garage

Climb A Tree

Cook Something

Create Affirmations

Create Self Endorsements

Create A Playlist Of Your Fav Music

D

Deliver Food To Shut-Ins

Do A Crossword Puzzle

Do A Jigsaw Puzzle

Do Home Repairs

Do Some Laundry

Do Target Shooting

Do Word Puzzles

Do Your Nails

Draw

Dye Your Hair

E

Exercise

Eat

Exert Effort

Explore A New Place

F

Fill Your Toolbox

Figure Out How To Play An Instrument

Fry Something For Dinner

G

Get A Facial

Get A Massage

Go Bird Watching

Go Fishing

Go For A Bike Ride

Go For A Drive

Go Jogging

Go Rock Climbing

Go See A Play

Go Skiing

Go Take Some Pictures

Go To A Movie

Go To A Restaurant

Go To An Art Gallery

Go To An Online Meeting

Go To An In-Person Meeting

Go To Bed

Go Shopping

Go To The Gym

Go Window Shopping

Groom Your Dog/Cat

H

Help Someone

Help Yourself

J

Join A Book Club

Join A Community Choir

Join A Community Theater Group

Join A Group

100+ Things To Do Instead Cont.

Join The Library

K

Keep Educating Yourself

Keep A Journal

Knit

L

Learn New Tools

Learn New Techniques

Learn New Strategies

Learn A Foreign Language

Learn A Martial Art

Learn About Someone Else's
Religion

Learn To Crochet

Learn To Knit

Learn To Cross-Stitch

Lift Weights

Listen To Music

Look For New Hobbies/
Interests

M

Make A Flower Arrangement

Make A List Of Things To Do

Make A Scrapbook

Make A Web Site

Make An Entry In Wikipedia

Make Cookies

Make Jam

Make Pickles

Meditate

Mow Your Lawn

N

Never Say Never!

O

Organize A Closet

Organize The Fridge

Organize The Freezer

Organize Drawers

Organize Files

P

Practice Patience

Practice Persistence

Practice Consistency

Practice Self-Care

Practice Practice!

Paint A Room

Pay Your Bills

Pick Up Garbage In A Park

Plan A Garden

Plan Menus For A Diet

Plant A Garden

Plant A Tree

Play A Board Game

Play A Musical Instrument

Play Backgammon

Play Basketball

Play Chess

Play Darts

Play Golf

Play Solitaire

Play With A Pet

Play Some Music

Polish The Furniture

Ponder Life

Practice A Skill

Publish A Newsletter

Q

Quit Negative Talk

Quit Watching News

Quit Listening To News

Quit Reading News

Quit Bad Habits

R

Rake Up The Leaves

Read A Book

Read Poetry Online

100+ Things To Do Instead Cont.

Read To A Child Or Pet

Repot Your Houseplants

Reread A Book You Haven't

Read For Years Research
Your Genealogy

Ride A Stationary Bicycle

Ride A Bike

S

Set Up A Domino Topple

Set Up A Family Budget

Sew

Sharpen Your Tools

Sign Up For Course/Training

Sort All Your Digital Photos

Sort Your Magazines

Sort Your Photographs

Sort Your Recipes

Sing A Song

Spend Time At The Library

Start A Stamp Collection

Start A Journal

Start Some Seeds

Start Writing That Book

T

Take A Bubble Bath

Take A Class

Take A Course

Take A Nap

Take A Nature Walk

Take A Walk And Pick Up Litter

Take Singing Lessons

Take Up Archery

Take Up Bowling

Take Up Pottery

Teach A Dog New Tricks

Throw Cards At A Hat

Tile The Back Splash

Try Yoga

Train Your Brain Healthy
Habits

Try Different Hobbies

U

Understand Your Mind

Understand Addiction

Understand Social
Conditioning

Understand Marketing
Manipulation

V

Vacuum

Visit Someone In An Old
Folks' Home Volunteer At A
Homeless Shelter

Volunteer At A School

Volunteer At An Animal Shelter

Volunteer Somewhere

W

Wash Your Car

Wash Your Windows

Watch A Video

Watch Sitcoms

Watch The Clouds Go By

Write A Poem

Write A Letter To A Friend

Write A Letter To The Editor

Write An Article For Your Local
Newspaper

Don't Know Where To Start?

Try choosing one activity that matches with a letter of your name. To make it more challenging, set goals to complete these activities (within reason).

More Resources For You



**Book A Free Call To Discuss
Your Options**

**[https://calendly.com/
redroofrecovery](https://calendly.com/redroofrecovery)**



**Book A 30 Or 60 Minute
Therapy Session**

**[https://tanyamacintyre-
awaketherapy.youcanbook.me/](https://tanyamacintyre-awaketherapy.youcanbook.me/)**



Take A Course Online

**[https://redroofrecovery.thinkific.
com/collections](https://redroofrecovery.thinkific.com/collections)**



Subscribe: Tools For Recovery

**[https://www.youtube.com/@
redroofrecovery](https://www.youtube.com/@redroofrecovery)**



**Unconditional Acceptance
Video Playlist**

<https://bit.ly/3TTOYix>

