

The Coping Card



At times, we all feel stress, grief, conflict, or disappointment. When you are having a tough time, try some of the coping strategies below, or contact a resource on the other side of this card.



Take care of your body

- Drink water & eat healthy meals
- Keep a consistent sleep schedule
- Meditate or take deep breaths
- Exercise in a way you enjoy: walk, bike, swim, hike, or dance



Influence your thoughts

- Think of 1 good thing happening this week
- Plan an activity that you'll enjoy
- Take time to laugh & celebrate small wins
- Practice self-compassion—you are doing the best you can



Connect with others

- Talk/text with a friend or loved one
- Thank someone for helping you
- Help someone accomplish a task
- Perform a random act of kindness



Engage in the moment

- Listen or dance to music
- Feel your hands or feet in water
- Watch the sunset or spend time in nature
- Pet or snuggle with your dog or cat

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



For additional resources, please scan the QR code or visit bit.ly/dukewellsupport



- Personal Assistance Service (PAS) 919-416-1727**
- Employee Assistance in Raleigh/Wake County 1-800-327-2251**
- Employee Occupational Health and Wellness (EOHW) 919-684-3136**
- Peer Support Program hsq@duke.edu**
- National Suicide Prevention Lifeline 1-800-273-TALK**
- Crisis Text Line Text HOME to 741741**