



FORT GARRY WOMEN'S
RESOURCE CENTRE

Coping and Self-Care



Fort Garry Women's Resource Centre

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Coping

What Is Coping?

Coping is how we deal with the ups and downs in our lives (stress, pain, conflict, change, loss, and trauma).

How Do We Cope?

How we cope is often learned from family, friends and society. Coping strategies may be positive or negative; and we may use them every day or only occasionally. What we are going through and how we are feeling impacts how we cope.

Positive coping strategies can help decrease our levels of stress. Using positive and effective strategies can help improve many aspects of our lives, including our health, mental health, self esteem and relationships.

Negative coping strategies may provide temporary immediate stress relief, but may increase the levels of stress we experience.

Examples of Positive Coping

- Talking to someone
- Positive self-talking
- Spending time with loved ones
- Writing or journaling
- Sleeping
- Exercising
- Doing meditation
- Seeking counselling
- Accessing supports
- Accessing medical services
- Engaging in healthy activities
- Volunteering

Examples of Negative Coping

- Avoidance
- Procrastination
- Withdrawal
- Over/under eating
- Hiding or ignoring feelings
- Hurting oneself
- Self blame
- Negative thinking
- Alcohol
- Drugs

When Do We Cope?

Events and/or issues when we need to cope:

- Parenting
- Grief and loss (jobs, relationships, death, health, home)
- Change and transitions
- Responsibility (family, work, things to do, etc.)
- Lack of support
- Finances and debt
- Isolation
- Body image
- Employment
- Depression
- When we are overwhelmed, sad, angry, lonely, worried or anxious
- Childhood trauma
- Abuse from partner

Important Points to Remember About Coping

- Evaluate what does and what doesn't work, without judging yourself
- Honor ways you have coped
- All forms of coping are done to meet some sort of need
- Negative ways of coping can be replaced with more positive ways

Remember: It's ok to ask for help!

Self Care

What Is Self-Care?

Self-care is about taking care of the most important person in your life—you!

Self-care is provided for you, by you. It's about identifying your own needs and taking steps to meet them. It is taking the time to do some of the things that nurture you.



Why is Self-Care Important?

Women often spend so much time caring for others (partners, children, family, friends, co-workers, and pets) that it is easy to neglect their own needs. When we add care giving activities, errands, school, housework, events, meetings etc. there isn't much time to care of ourselves. This may lead to feeling of stress, anxiety, and feeling worn out and run down.

We need to balance the stress and activities of daily life with activities that bring a sense of peace and wellbeing to our mind and body

Ways to Practice Self Care

1. Take a bubble bath
2. Rest when you are tired
3. Cry when you are sad
4. Learn to say NO
5. Turn off your phone or take the phone off the hook
6. Watch a feel-good movie
7. Write in a journal
8. Go for a walk or a run
9. Practice meditation or yoga
10. Hug a stuffed animal
11. Say nice things to yourself
12. Learn how to talk about your feelings
13. Be angry when you need to be
14. Listen to the birds
15. Browse your local book store
16. Read a book
17. Color
18. Laugh
19. Eat regularly (breakfast, lunch & dinner)
20. Talk to someone who supports you
21. Make a new friend
22. Exercise
23. Listen to the rain
24. Be honest with yourself and others
25. Ask for help when you need it
26. Play in water
27. Wear your favorite clothes
28. Look at the stars
29. Get (or give yourself) a pedicure or manicure
30. Pick some flowers for yourself
31. Learn to listen to your body
32. Bake or cook something new
33. Write on your sidewalk with chalk

34. Do something nice for someone else
35. Listen to music
36. Dance around your house
37. Paint a picture
38. Get your back rubbed
39. Learn about something new
40. Turn off your TV
41. Listen to the silence inside of you
42. Take a nap
43. Get a hug
44. Spend time with someone who lets you be yourself
45. Wrap yourself in a blanket
46. Help someone who needs help
47. Blow bubbles
48. Sing a song
49. Give yourself a big hug
50. CELEBRATE YOU!!!

*be good to
yourself*

Resources and Supports

Klinic Crisis Line

204-786-8686 or 1-888-322-3019

Manitoba Suicide Line

1-877-435-7170

WRHA Mobile Crisis Service:

204-940-1781 (general)

204-949-4777 (youth)

Crisis Response Centre

Walk in Crisis Service

817 Bannatyne Ave

(Bannatyne & Tecumseh)