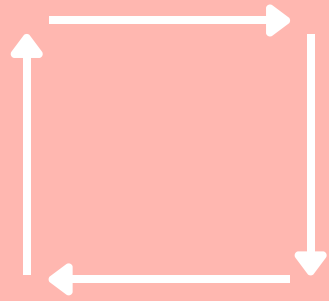


# COPING SKILLS

## FOR TEENS WITH MISOPHONIA

### 1. BOX BREATHING

Take a minute, to breathe, try this pattern! Inhale for 4 counts, hold for 4 counts, exhale for 4 counts, hold for 4 counts. Think of it like you are drawing a box!



### 2. THE 5-4-3-2-1 METHOD

To decompress, try looking for 5 things you can see, 4 things you can feel, 3 things you can hear, 2 things you can smell, and 1 thing you can taste. This will help with grounding and self regulating after a triggering event.



### 3. TAKE A WALK

If you have access to the outside, go on a walk! This could be through nature, or your neighborhood, but going outdoors can remove some of the stress from triggering situations.



### 4. DO SOMETHING YOU LOVE

Take time to yourself and do something you like! Whether it's shooting some hoops, crocheting, or playing an instrument. Do something for you and only you.



### 5. LISTEN TO MUSIC

Music has been proven to help in stressful events, so play your favorite tunes and focus on the music.



### 6. TALK TO A TRUSTED ADULT

Talking to an adult you trust can be really helpful for coping with your Misophonia. Additionally, telling someone about it may help them understand you better.



### 7. SELF CARE TIME

Create a time block to consistently practice self-care. Whatever that looks like to you! Self care is so important to self regulation.



### 8. FIND A SAFE PLACE

Finding a safe spot can be helpful for calming down. Maybe it's a spot in the corner of a room, or in your bed. Find a safe spot, and use the safe place to self-regulate.

