

AERCs COPING SKILLS FOR MENTAL HEALTH



Toronto | Mississauga | Orangeville



Web: www.aercs.ca
Phone: [1-800-679-5536](tel:1-800-679-5536)
Email: hello@aercs.ca
Online Booking: booking.aercs.ca

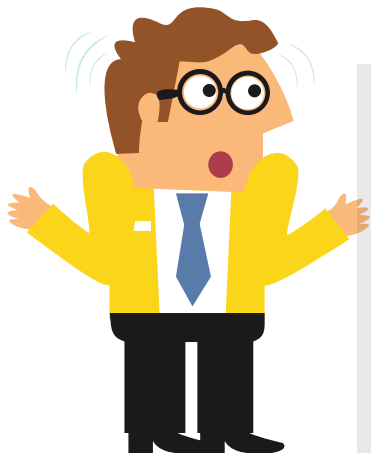
INTRODUCTION TO COPING SKILLS

Life can present numerous challenges that impact our mental well-being, from daily stressors to more profound emotional struggles. It is essential to equip ourselves with effective coping strategies to navigate these difficulties and maintain mental health. The following, provides a range of coping skills, each designed to address different aspects of emotional and psychological distress. Whether you're dealing with anxiety, depression, stress, or any other mental health issue, these techniques offer practical ways to find relief and regain balance.

Each coping skill is accompanied by its benefits and potential drawbacks, helping you choose the most suitable strategies for unique situations. Remember, while these techniques can offer significant support, they are most effective when integrated into a comprehensive mental health plan, including professional guidance and support.

Finding effective ways to cope with stress and emotional challenges is crucial for maintaining mental well-being. Here are some strategies, their benefits, and potential drawbacks to consider:

Distraction Techniques



Activities: Engage in conversations, listen to talk radio, read books, solve puzzles, watch TV, play computer games, complete jigsaws, solve problems, make lists, learn something new, clean and tidy, garden, or create art and crafts.

Pros...

- Provides a mental and emotional break.
- Offers short-term relief.
- Helps you get through immediate crises.

Cons...

- Not suitable for long-term solutions.
- Does not address underlying issues.
- Medications may impair concentration.

Grounding Exercises



Activities: Utilize your senses: smell fragrances, taste food slowly, observe colours around you, walk barefoot on grass, squeeze clay or mud, practice yoga, meditate, or exercise.

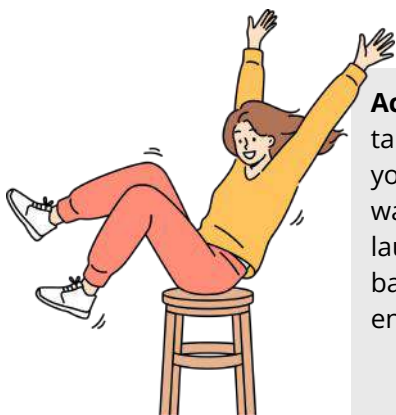
Pros...

- Helps reduce dissociation (feelings of numbness or detachment).
- Lowers anxiety levels

Cons...

- Sometimes, mild dissociation can be a protective mechanism.

Emotional Release



Activities: Scream, run, take a cold shower, allow yourself to cry and sob, watch a funny movie, laugh, try boxing, pop balloons, or dance energetically to music.

Pros...

- Effective for releasing anger and fear.
- Reduces the pressure of overwhelming emotions.

Cons...

- Not always feasible in every situation.
- May feel awkward or be perceived as unusual by others (choose the time and place wisely).

Self-Love Practices



Activities: Pamper yourself by massaging your hands with lotion, manicuring your nails, cooking a special meal, cleaning your home, taking a long shower or bubble bath, brushing your hair, or buying a small treat.

Pros...

- Fosters self-compassion and self-care.
- Helps alleviate guilt and shame.
- You are worth it!

Cons...

- Can sometimes feel difficult or superficial, but it's essential.

Thought Challenging



Activities: Write down negative thoughts and then list reasons why they may not be true. Imagine someone you care about having these thoughts – what advice would you give them?

Pros...

- Helps shift long-term negative thinking patterns.
- Encourages logical thinking to reduce extreme emotions.

Cons...

- More challenging when emotions are intense, especially feelings of shame.

Access Your Higher Self



Activities: Assist others, smile at strangers, pray, volunteer, perform random acts of kindness, interact with pets at the park, or join a cause you believe in.

Pros...

- Reinforces the idea that everyone has value.
- Purpose can be found in small, everyday actions as well as larger efforts.

Cons...

- Avoid neglecting your own needs while helping others.

TIPS FOR IMPLEMENTING THESE SKILLS

- **Balance:** Mix and match different coping skills to see what works best for you.
- **Practice:** Regular practice can make these techniques more effective over time.
- **Mindfulness:** Pay attention to how each activity makes you feel and adjust accordingly.
- **Support:** Don't hesitate to seek support from a mental health professional if needed.

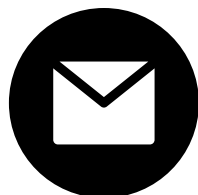
These coping strategies are meant to provide temporary relief and should be part of a broader mental health plan. If you find yourself struggling, please reach out to a mental health professional for further assistance.

SCHEDULE AN APPOINTMENT

For additional information, or to begin the process of therapy at AERCS, please contact us to book a complementary 20 minute phone call consultation.



800-679-5536



hello@aercs.ca



www.aercs.ca

Toronto

1849 Yonge St. Suite 914 Toronto, ON, M4S 1Y2

Mississauga

89 Queensway West Suite 226, Mississauga ON, L5B 2V2

Orangeville

873209 5th Line EHS, Mono ON, L9W 6A4

AERCS - GLORIA SEGOVIA

Gloria Segovia, MSW, RSW, RP

In Person and Online

Gloria Segovia is a Dual-language (English and Spanish) Registered Psychotherapist and Registered Clinical Social Worker with over 15 years of experience. She is experienced in providing clinical social work and psychotherapy to children, youth, families, and couples. Gloria has worked in private practice as well as in the hospital sector, and supervises masters level social work students in their practicum through York University.



Gloria is an empathic and compassionate master's level social worker with over a decade of experience in supporting people through mental health and addiction challenges. She specializes in addiction and relapse prevention as well as couples counseling. Gloria is registered with the Ontario College of Social Workers and Social Service Workers and the College of Registered Psychotherapy of Ontario, both in excellent standing.

As a child therapist, Gloria's focus is to help children and families overcome challenges and promote emotional wellness. With extensive experience working with children of all ages, she has developed a strong passion for empowering children to become confident, resilient, and happy individuals.

Using evidence-based therapies and techniques, such as play therapy, cognitive-behavioral therapy, emotion focused therapy and trauma-informed care, Gloria works with children to address a wide range of emotional and behavioral concerns, including anxiety, depression, ADHD, ADD, OCD, trauma, and behavioral problems. She believes in a holistic approach that includes collaboration with parents and caregivers to help them better understand their child's needs and develop effective parenting strategies.

Gloria is committed to providing a safe and supportive environment for children to express themselves and explore their feelings. She believes in a strengths-based approach that emphasizes a child's unique strengths and abilities and strives to create a positive and uplifting atmosphere where children can build their self-esteem and self-confidence.

Through ongoing professional development, Gloria stays up to date with the latest research and best practices in the field of child therapy, and is dedicated to providing the highest quality of care to every child and family I work with.



Gloria Segovia with a client in the AERCS Orangeville office.

Belief in Strength-Based

Gloria believes that we all have the ability to grow and change. This leads her to pay attention to client strengths, in addition to their challenges. It is her belief that therapy cannot only help clients address concerns and symptoms, but also assist them in developing greater connection and meaning in their lives.

Safe Environment

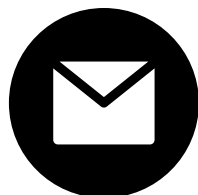
Gloria's experience in various roles has given her the opportunity to work with individuals of diverse backgrounds. As such, it is important to recognize and respect the full range of our differences. In doing so and in Gloria's therapeutic practice, she remains committed to fostering a safe environment which promotes equality, inclusion and diversity. As a therapist, it is Gloria's aim to foster an environment where you feel safe to unpack your vulnerabilities and emotional burdens.

SCHEDULE AN APPOINTMENT

For additional information, or to begin the process of therapy at AERCS, please contact us to book a complementary 20 minute phone call consultation.



800-679-5536



hello@aercs.ca



www.aercs.ca

Toronto

1849 Yonge St. Suite 914 Toronto, ON, M4S 1Y2

Mississauga

89 Queensway West Suite 226, Mississauga ON, L5B 2V2

Orangeville

873209 5th Line EHS, Mono ON, L9W 6A4