

A-Z of Coping Strategies for people who experience Voices, Visuals, and other Sensations



- **Adapt** to living with your voices, visuals and sensations
- **Brave** ~ you can do it!
- **Confront/Challenge the voices** ~ let them know who's in charge
- **Dismiss** the voices, visual and sensations
- **Exercise** ~ keeping active is good for our overall wellbeing
- **Family & Friends** can be great support
- **Good thoughts** ~ swap the negative thoughts for good ones
- **Help and Hope** ~ access help and never give up hope
- **Ignore** them, you have control!
- **Join a group** ~ Peer support groups are awesome!
- **Knowledge** is power, learn what works for you
- **Learning** ~ keeps our minds active and focused
- **Music** can be a great distraction
- **Negotiating** ~ strive for positive outcomes
- **Open** ~ be open and honest about your experiences
- **Positive Thinking and Planning** ~ Keep positive and plan for when you're not
- **Question your voices** ~ they're not always right!
- **Reassurance/ Reality** ~ seek reassurance, especially if reality seems different
- **Shut them out** ~ block them, ignore them, distract yourself
- **Talking and TV** ~ talking with others can help, and TV can be a great distracter
- **Understanding** our experiences can help us cope with them
- **Visual distractions** ~ TV, artwork and nature can help distract ourselves
- **Wellness plan/ Work** ~ create a plan of what keeps us well, and working can help
- **X-Press yourself** ~ be yourself
- **You are not alone** ~ others have experiences too
- **Zen/ Zoning** ~ find your zen and zone into inner calmness