



M.O.D.E.S To Cope

Name :





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I recognize that no single coping strategy fits all situations or emotional states. And when I am working with my patients I often tell them to remember their MODES during stressful times – to provide them with a variety of tools and techniques that they can tailor to their unique needs.

Having multiple coping skills in rotation is crucial. It ensures that you have the right tools at hand for different situations, enhancing your ability to handle stress, regulate your emotions, and maintain mental well-being. Mental health and coping skills are not meant to be a one-size-fits-all approach. Build your own empowering and adaptable approach to your mental health by keeping many skills in your toolbox.





M

Mindfulness is about paying close attention to what we're thinking and feeling, and what's happening around us, moment by moment, without judging it as good or bad. It's like watching our own thoughts and feelings from the outside.

O

Opposite action is a strategy where you do the opposite of what your emotions are driving you to do when those actions would be unhelpful. It's used to change unwanted emotional responses by replacing them with actions that are more constructive.

D

Distractors are activities or techniques used to divert your attention away from distressing thoughts or feelings. They help to manage immediate stress, anxiety, or emotional pain by focusing your mind on something else, providing temporary relief and giving you time to regain composure.

E

Emotion identification is about figuring out and naming your feelings. In mental health, it's important because it helps you understand and accept how you're feeling. Knowing your emotions makes it easier to deal with them and pick the right ways to cope. It's a basic skill for controlling your emotions and helps in handling stress and other emotional problems better.

S

Your support system should provide emotional support, understanding, and guidance, which can be crucial during tough times.





COPING EXERCISES GUIDE

It's important to have many different coping skills because at one point in time, something may work, and something may not work, especially during stress.

Name :





M.O.D.E.S

1

MINDFULNESS

- Yoga
- Meditation
- Grounding Exercises

2

OPPOSITE ACTION

- Do the exact opposite of what you feel like doing during times of stress.

3

DISTRACTORS

- Taking a walk, Exercise, Drawing, Dancing, Singing, Painting.

4

EMOTION IDENTIFICATION

- Talking about your feelings
- Taking the time to journal about your emotions.

5

SUPPORT SYSTEM

- Contacting a friend/ family/ anyone you feel can help you cope





M.O.D.E.S

1

MINDFULNESS

2

OPPOSITE ACTION

3

DISTRACTORS

4

**EMOTION
IDENTIFICATION**

5

SUPPORT SYSTEM





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