

Practical Coping Strategies

WORKSHEETS



These worksheets work best after you've watched the 'Practical Coping Strategies' video



**Strategies For Coping
With Distressing Voices**

Strategies For Home

**Strategies For Outside
the Home**

Staying Focused

Voice Journal

If this is your first time exploring your voices, it may be helpful to work through these worksheets with someone you trust to keep you feeling safe and supported. This could be your:



Family



Friends



**Clinicians and
support workers**



Strategies for Coping With Distressing Voices

If voices become too loud and intrusive they can leave us feeling overwhelmed or start to interfere with our day. We might need to take a break from them from time to time and use some practical coping strategies to help us keep doing the things we want to do. Take a look at some common coping strategies below.

Common Coping Strategies to Use At Home



- Looking at magazines
- Praying or reading religious books
- Calling the mental health support line
- Writing
- Playing with a pet
- Focusing on positive emotions and experiences
- Making noise- singing, reading out loud, playing an instrument
- Having a hot or cold drink
- Spending time in a relaxing private place
- Squeezing an ice cube
- Yoga
- Giving or receiving a hug
- Arts and crafts
- Journaling
- Reading
- Talking to others
- Reaching out to a friend
- Medication
- Exercises and movement
- Talking with your voices in a compassionate tone
- Cleaning and organising
- Mindful colouring
- Gardening
- Playing video games
- Reaching out for support
- Taking a bath or shower
- Mindfulness & grounding exercises
- Using a sensory box
- Writing down what the voices are saying to you
- Watching movies or TV shows

Common Coping Strategies to Use Outside the Home

- Getting a coffee or tea
- Breathing, mindfulness and grounding exercises
- Listening to music/podcasts
- Reaching out for support
- Going to a quiet place
- Praying
- Calling or texting someone
- Seeking company with someone you trust
- Drawing or doodling
- Positive self-talk
- Set boundaries or limits with your voices
- Tap into your five senses
- Focusing on positive emotions and experiences
- Going for a walk
- Spending time in a relaxing private place
- Reading
- Talking to others
- Using medication
- Exercising
- Taking a break from work/study
- Look at pictures or videos that make you happy
- Pack a frozen drink bottle- to drink or place on forehead



- Eat something you enjoy
- Meditation
- Using fidgets or squeeze balls
- Acknowledging the voices
- Stretch your body
- Schedule another time to listen to your voices

Need some more ideas for coping with your voices?

Check out this website:

www.rw.org.au/strategies-coping-distressing-voices/

If you'd like to know more about mindfulness, grounding and building a sensory box, take a look at 'The Compassionate Approach' worksheets!

Strategies For Coping with Voices at Home

Activity

Write down your top five strategies you could try at home, when the voices become loud, intrusive or critical. Refer back to page 2 if you need some ideas.

1.

4.

2.

5.

3.



Strategies For Coping With Voices Outside the Home



Activity

Identify situations outside the home when your voices often become disruptive. Write down what coping strategies you could use in each of these situations. Refer back to page 2 if you need some ideas.

Where am I?

Work, TAFE, at a group, on the bus etc.



Coping Strategies I Will Use

Where am I?

Work, TAFE, at a group, on the bus etc.



Coping Strategies I Will Use

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Work, TAFE, at a group, on the bus etc.



Coping Strategies I Will Use

Where am I?

Work, TAFE, at a group, on the bus etc.



Coping Strategies I Will Use

Staying Focused

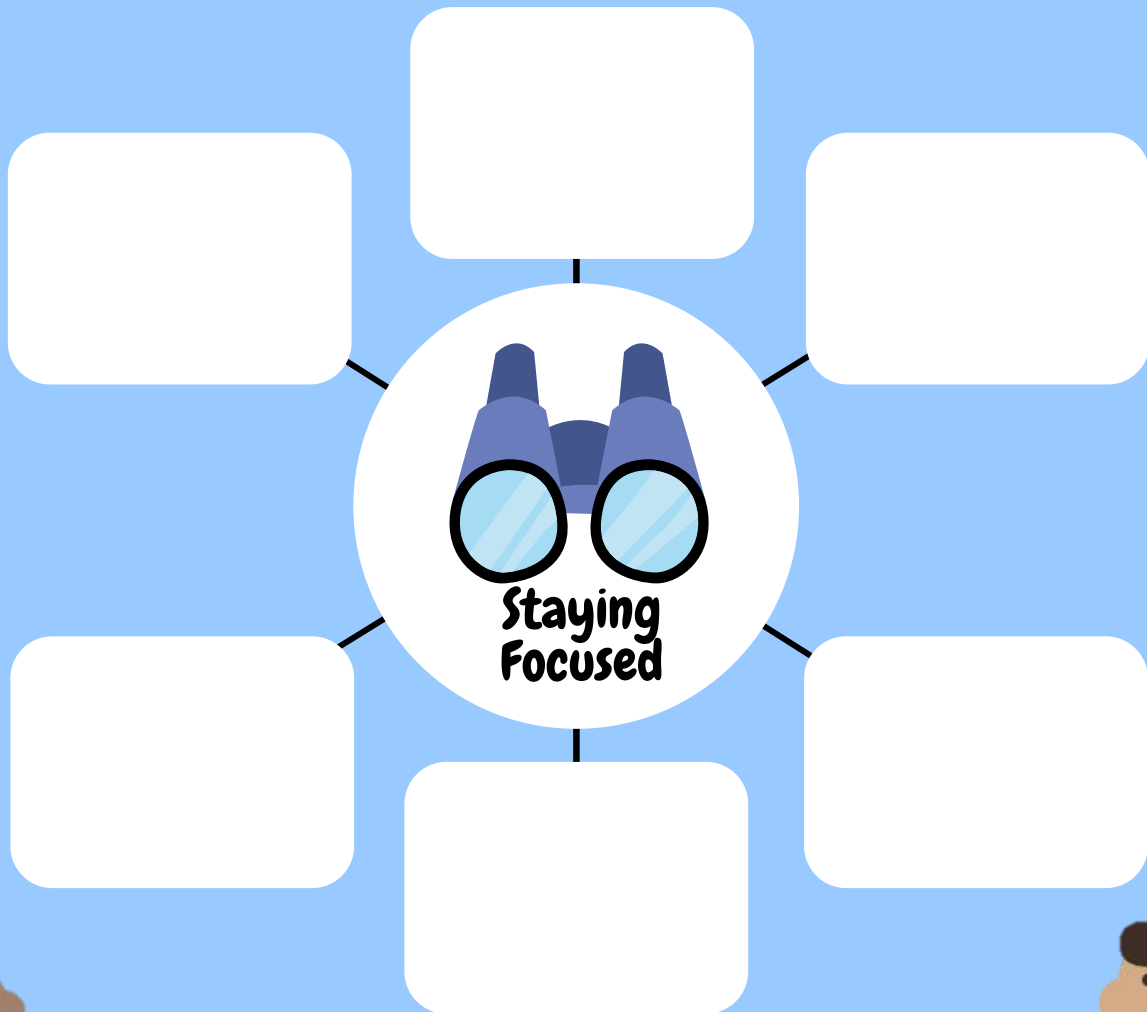
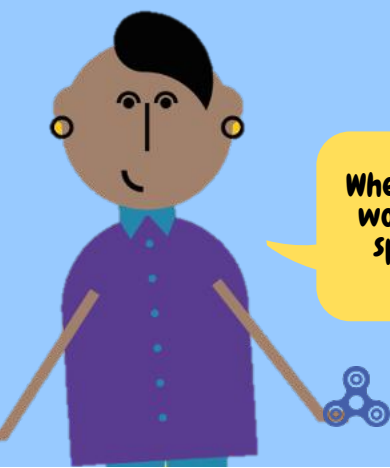


Activity

At times when the voices become too loud, persistent and intrusive, this can impact on our wellbeing, concentration and our ability to do the things we want to do. When this happens you may want to use some strategies to help you stay focused especially if you are studying, at work or need to pay attention. Some ideas might include:

- Fidgets
- Drawing
- Focusing on your breathing
- Smell a strong scent
- Chewing gum
- Taking notes
- Brain games
- Making a tea
- Squeeze a spiky ball
- Ask questions
- Take a break
- Mindfully listening
- Use a weighted blanket or pillow
- Doodling
- Sipping cold water
- Talking
- Place a frozen drink bottle on forehead
- Observing the five senses
- Chewing sour lollies
- Stress ball
- Schedule another time to listen to your voices

What works for you? Write down the strategies you will use or could try below.

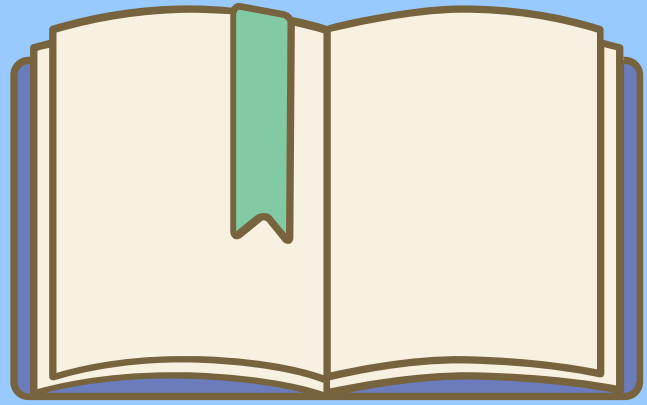


When I need to focus at work, I use my fidget spinner to keep me focused.



I struggle to stay focused when I'm volunteering, so I always keep a strong herbal tea next to me to sip.

My Voice Journal



It's helpful to know when our voices are most active and what they're saying so we can build strategies to work around them.

Sometimes it can be hard to figure out when and where our voices are most active. It can help to keep a record of:



When and where they were active



What they said



How they made you feel



If they had any common themes

I use a voice journal to keep track of when my critical voices arise. This has helped me identify that they become louder and more critical when I'm feeling anxious. Knowing this has helped me to develop some anxiety management strategies that calm myself and my voices.



After tracking my voices using my journal, I realised my voices become more threatening when I'm in crowded spaces. Now that I know this I feel more prepared and can put on my headphones when I'm on the bus. This helps quieten my voices and keeps me feeling safe.



My Voice Journal



Activity

You can keep a journal of your voices in your own book or using the template below. Some people prefer to journal their voices at the end of the day, while others prefer to do this when their voices appear or are most present during the day. We have included space for seven days of entries, but if you want to complete more entries you can simply print out more worksheets.

 Date:	When and where they appeared	What voices were present and what they said
	How they made me feel	Common themes of the voices

 Date:	When and where they appeared	What voices were present and what they said
	How they made me feel	Common themes of the voices

 Date:	When and where they appeared	What voices were present and what they said
	How they made me feel	Common themes of the voices

Date:

When and where they appeared

What voices were present and what they said

How they made me feel

Common themes of the voices

Date:

When and where they appeared

What voices were present and what they said

How they made me feel

Common themes of the voices

Date:

When and where they appeared

What voices were present and what they said

How they made me feel

Common themes of the voices

Date:

When and where they appeared

What voices were present and what they said

How they made me feel

Common themes of the voices



Congratulations!

You have completed all the worksheets for 'Practical Strategies'! Great job!

Want to keep exploring and working with your voices?

Take a look at these videos and worksheets:



**Introduction to
Hearing Voices**



The Big Questions



Exploring Recovery



**Navigating the
Tough Times**



**The Compassionate
Approach**



**Exploring and
Explaining Voices**

Reference list

Hearing the Voice (2022). Understanding Voices.

<https://www.understandingvoices.com>