

THE SMALL BOOK OF CRISIS SURVIVAL SKILLS

If you are still experiencing troublesome problems or emotional upset, give Health Solutions a call.

Our phone line is open 24/7/365

719.545.2746

Support Systems Available in Pueblo 24/7/365

VISIT the Health Solutions Crisis Living Room:

* 1310 Chinook Lane, Pueblo

CALL

* Health Solutions Crisis Services **719.545.2746**

* Colorado Crisis Services **1.844.493.8255**

TEXT

* Colorado Crisis Services. Text **TALK** to **38255**

If you feel you need to seek medical attention call your PCP or local urgent care. If you need help finding a medical doctor for ongoing health issues, your Health Solutions treatment team can help you find appropriate resources.

Health Solutions provides behavioral health services at no cost to Health First Colorado members. These members may be charged a co-pay for medical services. Please ask our support staff for more details.

Healthy Distractions

Activities: Do something ... read, play a sport, clean, visit with a friend.

Emotions: Experiencing different emotions can help distract you. Try watching funny online videos.

Stop the Focus: Type or write out the current situation and then put it away so you stop focusing on it for the time being. Do not allow yourself to think about it. Go back and address whatever it is you pushed away when you are better able to deal with it.

Puzzles: Distract yourself with puzzles that make it difficult to think about anything else. Say the alphabet backwards, do a puzzle or Sudoku.

Stimulate Your Senses

Vision: Look at photos that put you in a good mood or go to a beautiful place and admire the views in person.

- **Hearing:** Listen to relaxing music or the sounds around you.
- **Smell:** Find smells that relax you, like lavender.
- **Taste:** Eat or drink something calming, such as mint or herbal tea. Focus on how pleasant it tastes.
- **Touch:** Touch something relaxing, such as a soft blanket or pet an animal. Squeeze a stress ball.

Be in the Moment

- Meditation:** Pray in the traditional sense or use this skill as a form of meditation or journaling; reflect on past, current and future circumstances.
- Relaxation:** Get a massage, take a nap or enjoy nature.
- Imagination:** Visualize more pleasant outcomes using guided imagery.
- Affirmation:** Use positive self-talk. Write inspirational thoughts in a journal. Reflect on how awesome you are and what you are doing well right now.
- Vacation:** Take an actual trip or a “mental vacation.” If you cannot leave the situation or you are unable to take a physical vacation, escape into a book or a movie.