



How a Therapist Stays Calm: Simple Coping Skills That Actually Work

TRANSCRIPT



[Video Link](#)

[Playlist](#)

Watch Time: 1:45 minutes

Read Time: 1 minute (approximately)

[00:00:00] **Alison Mayer MS, LCPC, NCC, SpringSource Psychological Center:** Hi everyone. I'm Alison. I wanna talk to you a little bit about how to stay calm throughout the year. I like to practice different grounding techniques to stay calm. For instance, staying in the present moment is always a helpful technique because we cannot change what happened in the past and we cannot predict what's gonna happen in the future.

[00:00:19] So why worry about those things when those things are out of our control? And the only thing in our control is staying in the present moment and controlling what is going on in our current lives. Another thing I like to do is practicing co- coping skill techniques. For instance, one of my go-tos is playing tennis because it lets me be calm and take out my frustration on a, on a tennis ball versus someone else.

[00:00:41] I also like to just lay back and. Just spend time doing basically nothing. It could be just watching tv, catching up on movies, reading a book, because it's a good practice to take time and just practice being yourself and not focusing on doing your job, taking care of others because we need to put ourselves first before we can help others.

[00:01:02] And our mental health is as important as other people's mental health. And that reminds me, even though I'm a therapist, I also practice. On these techniques as well because I know I cannot kick be there for my clients if I'm not there for myself. And that everyone in the world should practice these skills because it's helpful to use our calm, our coping skills to stay present and be where we are.

[00:01:25] Coping skills are different for everyone. 'cause not the not one thing works for everyone. Some people like yoga, some people don't. Some people like breathing techniques, some people don't. It's worth trying all the skills out there to see what works for you. What brings you to the calm



How a Therapist Stays Calm: Simple Coping Skills That Actually Work

TRANSCRIPT



moment that you need to be at any given moment, and coping skills can vary from each activity each day, each time of the day.

[00:01:46] So it's good to have a list of things that work for you that you can go to as a way to calm your mind, body, and soul down. Happy Mental Health Awareness Month. Thank you.