



mindful hub

well-being, right now.

Every day coping helps care-givers handle every day stress. Healing helps care-givers stay strong over the long haul.

Coping versus Restoration

Use our coping and restoring plan sheet to create your own plan

Every day coping

buffers stress

band-aids

Keeps situations from escalating

surviving situation

reduces tension

expresses emotions

escape from overwhelm

temporary measures

alleviates symptoms

can be light and fun

quick immediate

Examples of coping

laugh with co-worker

take a break

pray/lean on spiritual beliefs

vacation

listen to music

enjoy art

write in a journal

spend time in nature

Restoration

breaks the cycle

solves problem

creates wholeness

resolving situation

acceptance and serenity

understand, let go, move on

resolve

long lasting improvements

root causes

can be intense

takes more time

Examples of restoration

share feelings with a co-worker

take a break and come to terms with a situation

with intent to change

reflection, re-centering, professional development

intentionally meditate to music

express feelings through art/creating

reflect on what you have written

be aware of the magic of nature