

Austin's Homelessness Advisory Committee presents

Coping Skills

a zine of insights & experiences

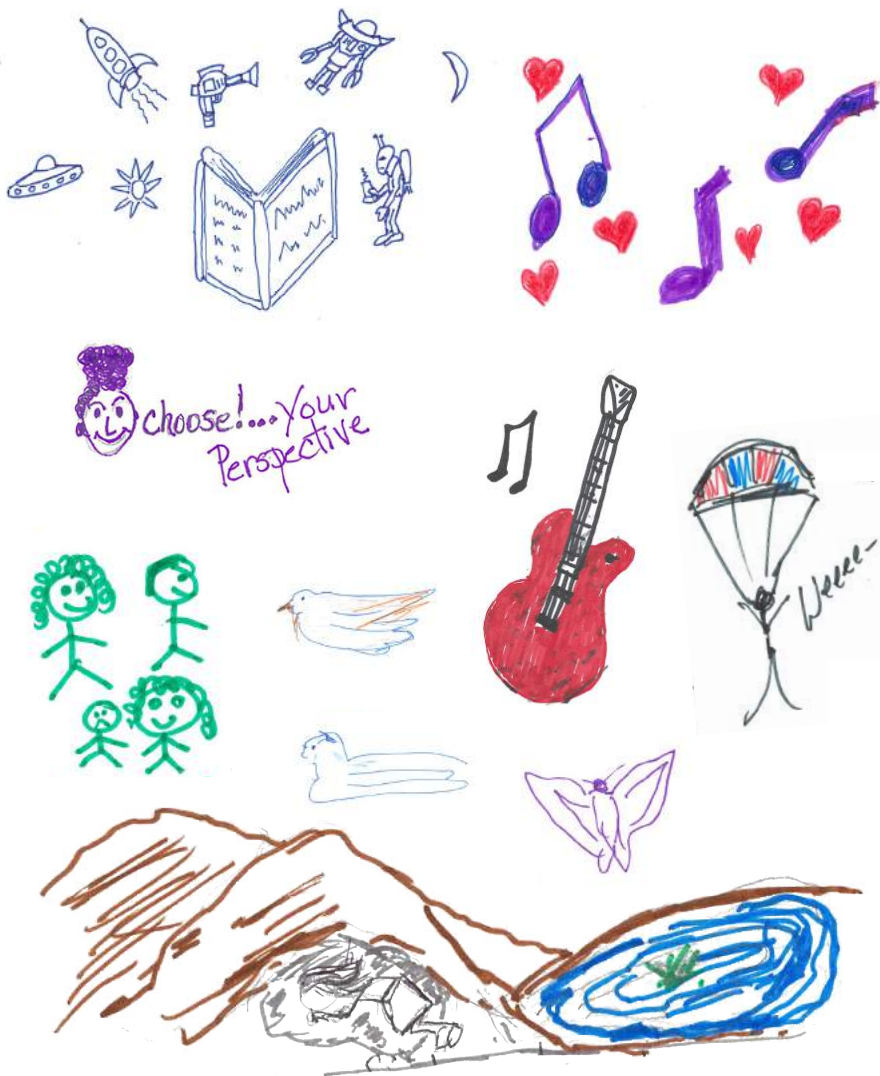


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Introduction

Welcome to our coping skills book!

We are members of Austin’s Homelessness Advisory Committee, who are currently or previously experiencing homelessness. As part of this group, our mission to make sure the voices of the homeless are heard by decision makers. One of the ways we do that is by strengthening our own voices by learning healthy ways to cope with difficult situations and supporting each other.

That’s why this book is in your hands now. It has all of our learning lessons from dealing with our own pain and darkness till we get to the light again. We hope it can do the same for you.

Lots of love and light.

Please leave some feedback for us here: <http://bit.ly/copingskillsatx>

Amy

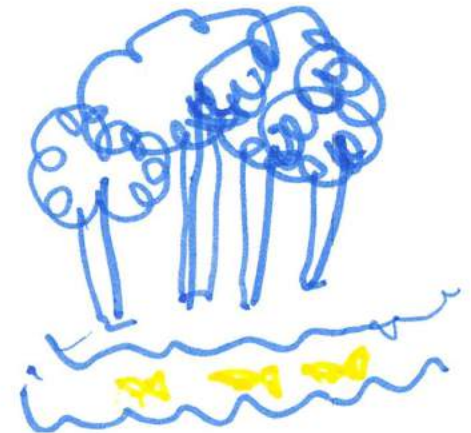
Remove from Problem:



watch what's
going on as if
watching movie -
sometimes
COMEDY
sometimes
HORROR




Reward Self:

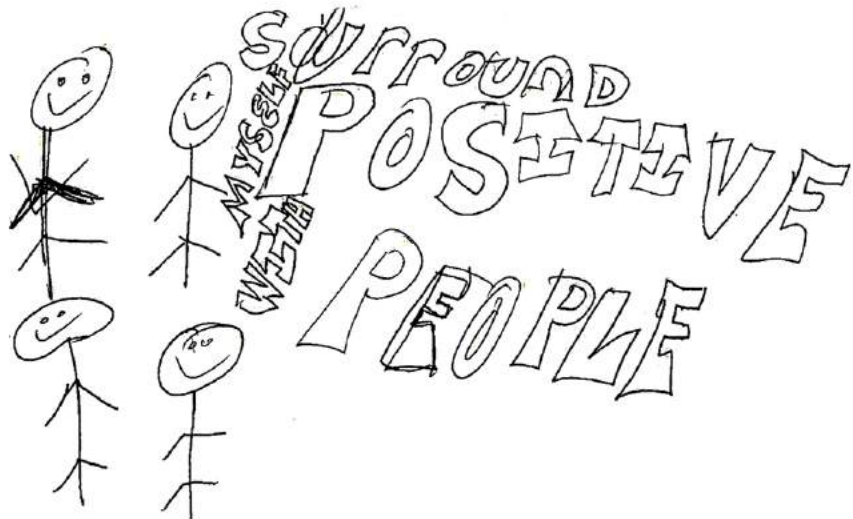


Reflections

Many people in shelters try to be very aggressive. I have learned NOT to be part of their issues. Instead of defending myself or saying how they "should" act - I ignore their game. I put my mind in a "different place" often, I read and remove myself & go in the REAL world where it's much more positive & rewarding myself in ways such as music, coffee (caffeine), shopping, entertainment & being in nature. Maybe sleep too!!

ARTHUR

WHEN MY
LEAFES
TURNING
UPSIDE  ..



OR LEST
2MUSC



Coping With Life

Bill

The main coping skill that I use is easy. When I am overwhelmed with stress I simply lay flat on my back in a bed or even the ground

at a park and focus on my breath, trying to push away all my thoughts. Calm down and breathe.

The main coping skill that I use is easy. When I am overwhelmed with stress I simply lay flat on my back in a bed or even the ground at a park and focus on my breath, trying to push away all my thoughts - calm down and breathe.

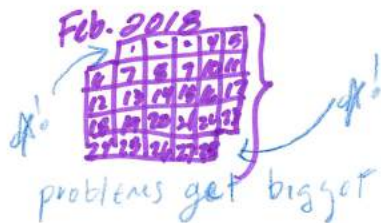
CHRIS

The STRESSORS homeless persons encounter are manifold.

Aside from OBVIOUS stressors, I identify one which is cyclical and recurring.

End of month
Beginning of month

Anticipating these cyclical recurrences is one way of coping.



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Aside from OBVIOUS stressors, I identify one which is cyclical and recurring.

End of month.

Beginning of month.

Anticipating these cyclical recurrences is one way of coping.

Stressors on Street

- Aside from being poor or immediacy of becoming homeless (obvious stressors)
- stress caused by depletive of walking everywhere
- poor hydration / bad nutrition (exacerbated by drugs)
- possible danger / liability other people, city authority
- weather: rain, storm, th./lightning, cold (danger), hot (danger), hydration secondary to depletives
- chronic health conditions (psychosomatic)
- sleeping exposed to theft.
- sleeplessness (sleep interruption)

- getting the runaround from services, bureaucrats, etc.
- homeless persons' liability as mentally ill presents a unique stressor that can be exacerbated by any of the other stressors.
- often stressors pancake around the end and beginning of the month, creating despair.

Chris Carr

STRESSORS ON STREET

- Aside from being poor or immediacy of becoming homeless (obvious stressors)
- Stress caused by depletive of walking everywhere.
- Poor hydration / bad nutrition (exacerbated by drugs)
- Possible danger / liability other people, city authority.
- Weather: rain, storm, th./lightning, cold (danger), hot (danger). Hydration secondary to depletives.
- Chronic health conditions (psychosomatic)
- Sleeping exposed to theft.
- Sleeplessness (sleep interruption).
- Getting the runaround from services, bureaucrats, etc.
- Homeless person's liability as mentally ill presents a unique stressor that can be exacerbated by any of the other stressors.
- Often stressors pancake around the end and beginning of the month, creating despair.

Chris

Meditation in a safe place -
1st step is identifying a place
 where I feel safe - usually
 a quiet space where there is no
 chance of someone intruding /
 invading the space in a way
 that surprises or frightens.

Chapels, ^a closet, a lightly
 travelled area of a park etc -
2nd step sit in a comfortable
 position - close your eyes,
 focus on breathing -

focus on how you feel physically,
 if there is an area of body that
 aches or feels tense, as you
 exhale (slowly) attach the tension
 to the breath and release it
 into the ether. You can do the
 same thing with thoughts (ideas) that
 are causing a disturbance.

It is very effective to practice
 the above on a regular basis - not
 only during times of crisis. - And
 where possible - to practice with
 others - to discuss experiences before
 and after the meditation.

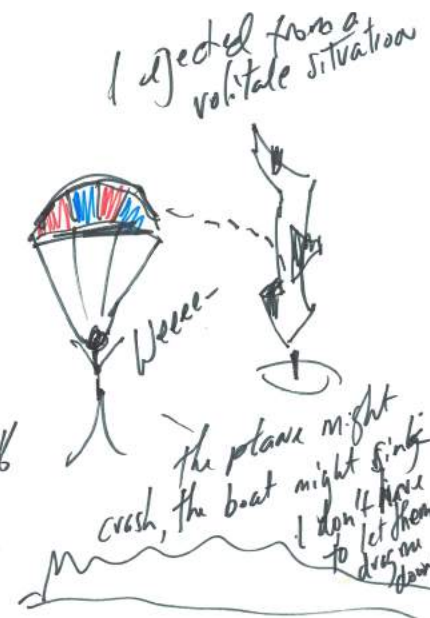
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 attach the tenseness to that
 breath and release it in to the
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REFLECTION

It is very effective to practice
 the above on a regular basis -
 not only during times of crisis.
 And where possible - to practice
 with others - to discuss
 experiences before and after
 the meditation.

When you're just flying
 along, smooth sailing ahead,
 then out of the blue control
 is lost and you find yourself
 in a nosedive, pull the
 escape hatch, eject, pull
 the release cord on your
 parachute and just allow yourself
 to float. safely float to
 safety.



When you're just flying along, smooth sailing ahead, then out of the blue control is lost and you find yourself in a nosedive, pull the escape hatch, eject, pull the release cord on your parachute and just allow yourself to float to safety.

I ejected from a volatile situation. The plane might crash, the boat might sink, I don't have to let them drag me down.

DANNY

CATCH YOURSELF (RECOGNIZE)
WHEN THOUGHTS START TAKING
YOU DOWN. STOP THEM & THINK
ABOUT THE MANY THINGS
YOU DO LOVE. IF IT DOESN'T
COME RIGHT AWAY, JUST
GIVE A FEW & IT WILL COME

IDENTIFY WHAT IS
GOOD IN YOUR LIFE,
AND WHAT IS BAD.

GIVE THANKS FOR THE GOOD
AND ASK YOURSELF HOW
YOU MIGHT FIX THE BAD.

ONLY GOD IS ALLPOWERFULL.
MEN MUST DO WHAT THEY
CAN, & HOPE FOR THE BEST...

REWARD YOURSELF.

IF YOU DESIRE SOMETHING,
TELL YOURSELF THIS WILL BE
YOURS WHEN YOU DO WHAT
YOU DON'T LIKE FIRST.

MANY THINGS NEED TO BE
DONE, BUT IT'S NOT ALWAYS FUN.
ONCE THE CRUST IS OFF, YOU
GET TO THE GOOD STUFF
INSIDE. YOU'RE GLAD THE BAD
IS DONE & NOW YOU GET THE
REWARD!

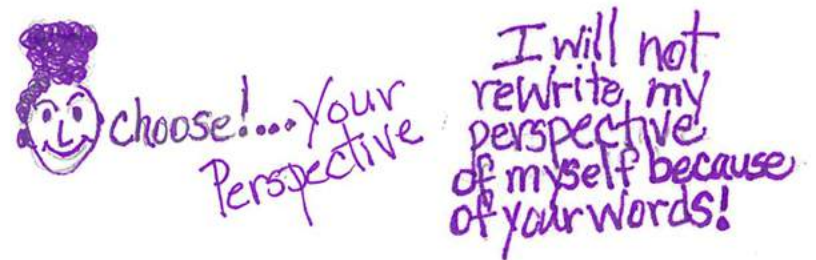
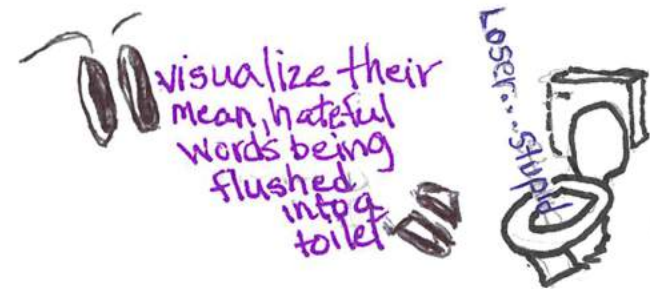
SIMPLE THINGS ARE OFTEN
THE BEST.

Donna

What do you do when the challenges of life begin to spin your thoughts, emotions or behavior out of control? Do you, are you one who can stay in control when everything begins to spin out of control? Someone gave a warning "A worldwind is coming," what would be your initial response and the sequential ones? Do you have a balance between being human in your responses and being in control? I was in a meeting once and the speaker asked these questions to the group. To be honest at that time in my life I did not have one positive response. Here are some of the things I learned that day and in years that followed.



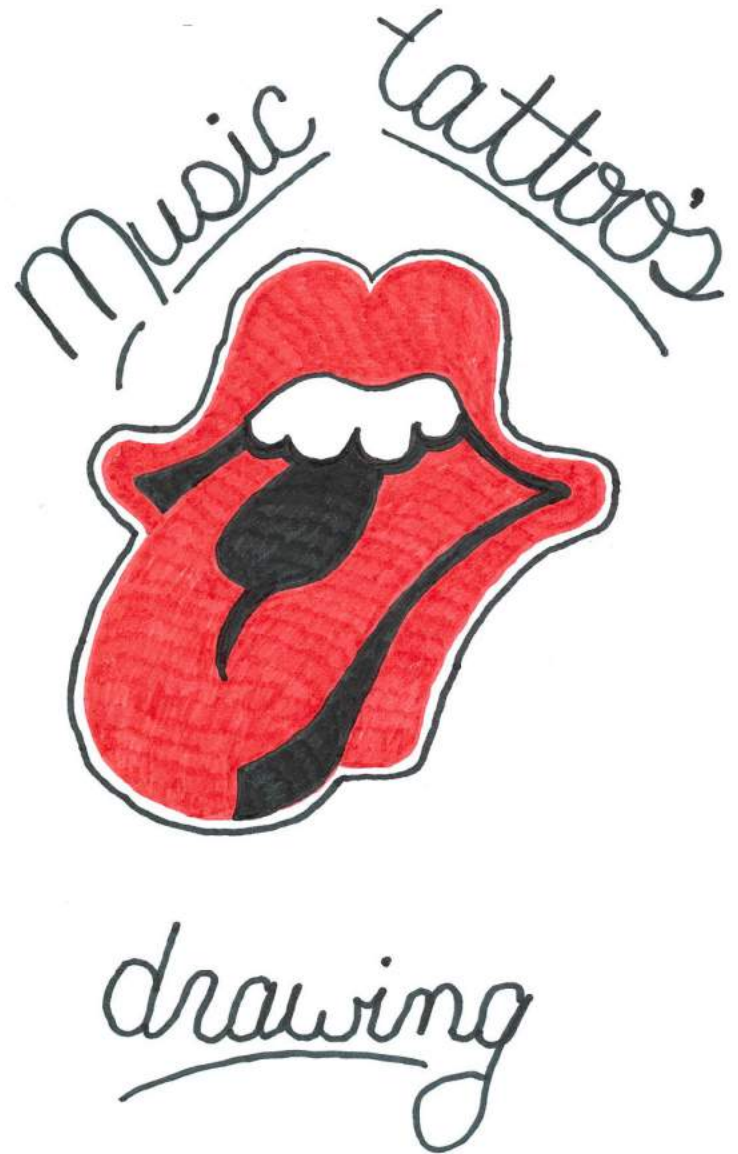
What do you do when the challenges of life begin to spin your thoughts, emotions, or behavior out of control? Do you, or are you one who can stay in control when everything begins to spin out of control? If someone gave a warning "A worldwind is coming" what would be your initial response and the sequential ones? Do you have a balance between being human in your responses and being in control? I was in a meeting once and the speaker asked these questions to the group. To be honest at that time in my life I did not have one positive response. Here are some of the things I learned that day and in years that followed.



God grant me the wisdom to
change the things I can...
To leave the things alone that I can't...
And to perceive the differences between the 2
know

Donna

- * working out
- * taking walks
- * social media (Facebook, Twitter)
- * Art (drawing, painting)
- * Sports
- * Reading (going to library)
- * Dreaming about next tattoo
- * Movies
- * Music (going to see bands)
Watching videos
- * current events (online
newspapers) online news
stations



MY Coping Skills Gregory

Triggers

Recognizing Them AND doing
Something different

Seeing Something Wrong
Say OR Do Something To
MAKE IT Right

Independent

Do what you need for
you

Feeling ~~lonely~~ lonely
Getting around people
OR Doing something
Fun

Bad Relationship
Get out of them if
NEED TO

Relaps
WALK Workout
MEETings
Talk To Others

Confrontations
WALK AWAY
If Possible

Bad Living places
Find better living places

Triggers

Recognizing them and
doing something different.

Seeing Something Wrong

Say or do something to
make it right.

Independent

Do what you need for you.

Feeling Lonely

Getting around people or
doing something fun.

Bad Relationship

Get out of them if need to.

Relapse

Walk, workout, meetings,
talk to others.

Confrontations

Walk away if possible

Bad Living Places

Find better living places.

Be MAD AND Angry
Taking A Long WALK
Having Craving To do
Drugs
Going To workout

Death in The family
Thinking of The good Times
That you had with ~~For~~ Them

Life Deals You Some bad
ways Take Deep breaths

Family Problems
Talk About Them

Having a bad DAY
Thinking about Good
Times

Being Told I Can't do
Something. Proving
People wrong and doing
IT

NEVER Let Life OR
Anything Get You
Down You can Do
Something About
Your Life

ALWAYS Try To stay
Positive

Be Mad and Angry

Taking a long walk.

Having Craving To Do Drugs

Going to work out.

Death In The Family

Thinking of the good times that
you had with them.

Life Deals You Some Bad Ways

Take deep breaths.

Family Problems

Talk about them.

Having A Bad Day

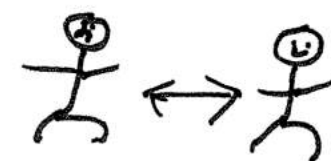
Thinking about good times.

Being Told I Can't Do Something

Proving people wrong and
doing it.

REFLECTION

Never let life or anything get
you down. You can do something
about your life. Always try to
stay positive.



Judi

Mother Nature. Walk
ing briskly thru the
neighborhood - looking at
the trees, the little wild
flowers all different colors
- critters big & small - a squirrel
~~skittering~~ skittering thru leaves ^{or}
a bird soaring in the distance
giving into the air currents
letting go trust

GRATITUDE

Talk to God in AM - write
letter.

meditation ^{or} praying
Brisk walking
pet my kitty

breathe

^{Grounding}
I go to AA meetings
to help me cope with
a sober life. I get an
hour to just sit and do
nothing but listen. It feels
like the family I always
wanted. I look around at
the faces w/ have become
so dear to me over the
years, my heart swells
w/ gratitude. I am happy!




Karen



Deep Breathing -

Inhale deeply to count of five
Hold breath to count of five -
Breath out to count of five
and the deep breathing is
Healthy as well - it gives
you more oxygen, relaxs
you and even helps you
Lose weight by increasing
your Metabolism

Sing!  Anything - a fav. song
songs you love

Since I am a gardener and
I LOVE my plants and flowers
When I need to calm down
I weed my gardens. Doing
this allows you to blank out
any distressing thoughts.

Another activity to blank out
thoughts is sweeping - large
areas like driveways or patios
are good. Doing "service work"
like sweeping, mopping, ironing
is considered to be "working"
meditation" - I have used it
for years, as it allows me to
"center" myself

LISA

WRITING COPING SKILLS!!!

A Stressful Situation

Think of ten ways
that the glass is
half full. Write
them DOWN

Half
full



Write Down 10 things
I B Thankful 4

- ① Health
- ② GOOD FRIEND (Few)
- ③ . . . (chocolat
CAKE)



~~Never~~ Give up
Don't give IN

Say it to myself
in a song. over + over +
Simple.

if I have a challenge
and need some push
I sing it EASY when
I want to quit.

Don't give up
Don't give in

Michael

- Listen to music.
- Deep Breathing.
- Stay Active with Local Politics.

- Don't Let Anyone Win.⁰
- Laugh, Laugh, Laugh.

Robbie

Count your blessings,
It could always be
worse.

Remember that no
relationship is
better than a
bad relationship.

Listen to the
sound of the birds.

Sign up for volunteer
work. It can be
rewarding.

Being part of a
group is positive.

Exercise is good
for the heart.

Reading is good
for the brain.

Meditation is good
for the soul.

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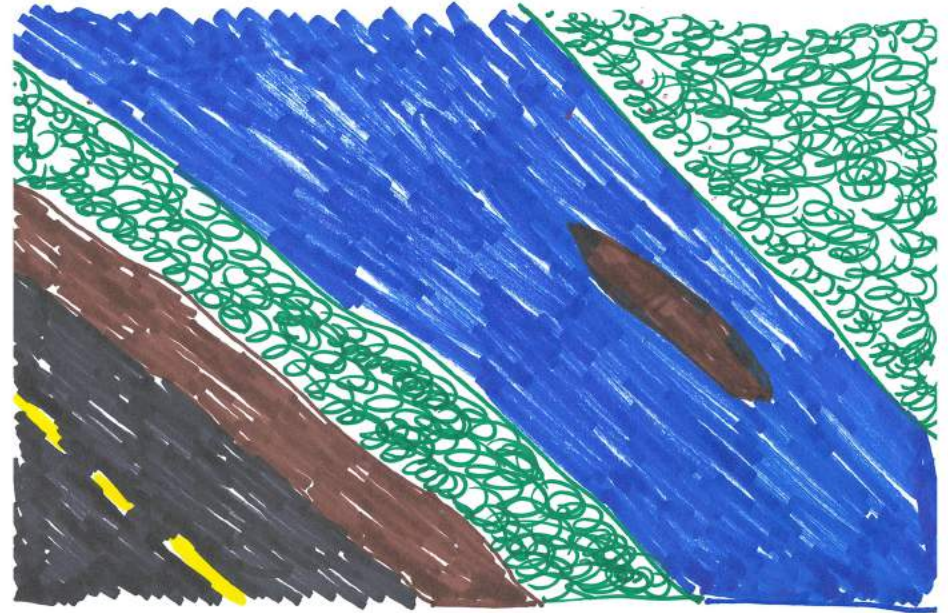
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WALK ALONG THE RIVER.



BOB
MARLEY

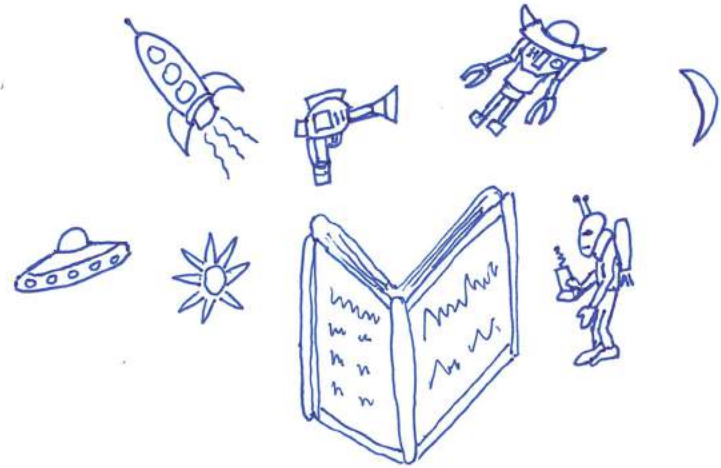
MUSIC IS
RELAXING!



STEVE P.

FEEL
I COPE
BY
CREATING
WRITE MUSIC

I COPE BY ESCAPING
INTO A GOOD
BOOK



"ALL THE WORLD IS A
STAGE AND THE MEN
AND WOMEN MERELY
PLAYERS"



SOMETIMES I COPE
BY THINKING OF
MYSELF SIMPLY
PERFORMING
A ROLE

Thomas

Imagine a
world of
truth, honesty,
accountability,
trust, profit,
and hope.

Now open your
eye's, see the
world for what
it is. Now identify
expose, then
conquer

Processing things
and situations.

Accurately, by the
awareness and evidence
of each event. Then
- takes action and
moving forward
to end all resistance
to your personal
development and goals

my Expressions

I worry about _____

I dream about _____

I am proud of _____

I am afraid of _____

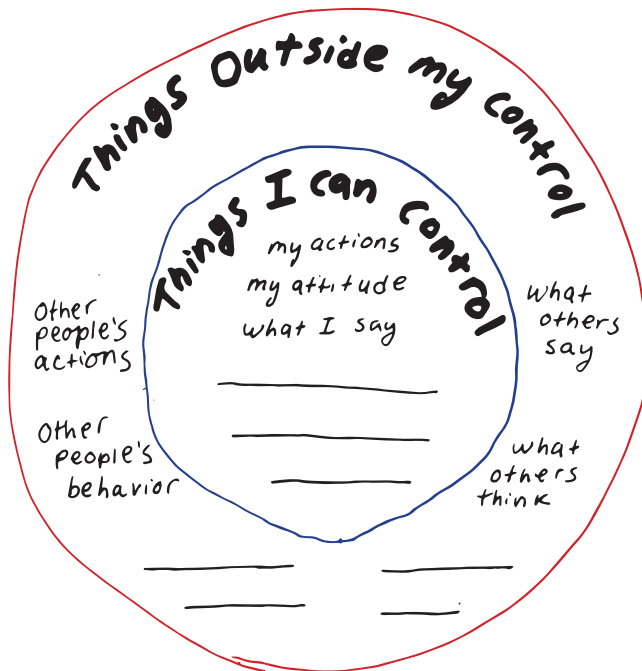
I am good at _____

_____ makes me laugh

_____ makes me angry

_____ makes me happy

Sphere of Influence



my Strengths







Our strengths help us get through difficult times - and sometimes we learn new ones along the way.

What are some of your strengths?

What strengths have you gained through times of trouble?

How do you feel about these new strengths?

What can I do?

 Walk away	 Talk it out	 Apologize
 Use an "I" message	 Tell them to stop	 Wait and cool off

What are your coping skills?

