

Strategies for coping with BPD

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If you experience the symptoms of BPD, you may wish to try some of the following self-help tools and strategies that others with BPD have found useful. These suggestions are derived from an online survey conducted in 2015.

Identify and engage in things that help me:

- Express/respond to my intense emotions
- Distract myself
- Distract by contact with other people
- Comfort/take care of myself
- Ground myself and focus
- Stay focused
- Relax/become calm

Focusing techniques

- Do a body scan to identify what I am feeling in my body
- Do a feelings check — what am I feeling in this moment?
- Ask what five things can I see, hear, and feel?

Things that help me with my relationships

- State a boundary and stick to it
- Remove myself from a situation rather than say something I know I will regret
- Apologise if I have done something that warrants an apology
- Request (not demand) for someone to change something that isn't working
- If I am feeling rage, remove myself from the situation and wait until the feeling passes.

Things that help me remember to take care of myself

- Remind myself to eat healthy food even when I don't feel like it
- Keep regular appointments with my support network even if I am feeling 'okay'
- Reach out, speak with someone I trust
- Take medication as prescribed (in consultation with prescribing doctor)

Things that help me when I am in crisis

- Create a personalised crisis plan when I am well
- Crying
- Let someone know how I am feeling
- Take medication prescribed for 'when necessary' (p.r.n.)
- Kick cardboard boxes around outside.