



**The  
Maggie Oliver  
Foundation**

Transforming pain into power



## Positive Coping Mechanisms Shared by Survivors

As part of our ongoing weekly group therapy sessions, members have generously shared strategies that have helped them cope with the impact of sexual abuse.

These approaches come directly from survivors and have been tried and tested in real-life situations.

We believe these insights could be valuable for anyone currently struggling and may offer practical ways to manage difficult emotions.

While every journey is unique, these suggestions have proven effective for many and might provide a starting point for finding what works best for you.

# Positive Coping Mechanisms

Yoga/Pilates



Talk about feelings  
and offload

Being Creative



Read a Book



Take a walk in nature



Journal Writing



Keep a routine

Going to church/Faith



Self-care



 Music

singing/playing/listening/  
going to concerts

Reiki



Declutter your home



Exercising/Gym



Connecting with  
others



Use your  
voice/speaking out  
about things/causes  
that matter to you

Helping others



Volunteer

Maintain a good  
work/life balance



Cold water  
swimming/ice bath/  
splashing cold water  
on face

Knitting/crocheting/  
sewing/diamond art



Acceptance of self



Gaining  
strength/reassurance  
from positive past  
relationships

Join a choir



Imagery - talking  
to people who are no  
longer here and  
imagining their  
response

Cuddle your Pet



Breathing exercises



Confronting feelings  
rather than hiding  
from them

Spa day

