

COPING WITH BPD



Seek Professional Help:

They may address anxiety, depression, mood swings, and impulsive behaviors, with antipsychotics beneficial for some cases.



Recognize Emotions:

Distinguish between primary emotions (immediate reactions) and secondary emotions (additional feelings) to better address them.



Positive Self-Talk:

Replace negative thoughts with positive affirmations and realistic perspectives to boost self-esteem and resilience.



Mindful Reaction:

Before reacting, pause to understand your feelings and express them constructively.



Self-Soothing Techniques:

Engage in activities that calm and reassure you, such as warm baths, soothing music, or gentle self-touch.



Increase Tolerance to Distress:

Gradually expose yourself to stressful situations to build resilience.



Realistic Goals:

Set attainable goals and acknowledge gradual progress in managing BPD.

Bpd Self Help

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