* ***Use your own voice*** 
  + Talk to someone else, or read out loud
  + Hum or sing quietly to yourself
  + Count to yourself or repeat “I am OK”
* ***Distract yourself***
  + Shift attention away from the voices and onto things outside of yourself –Try housework, gardening, sports
  + If you are indoors, change rooms or go outdoors
  + If you are outdoors, take a walk or a car ride, or go indoors
* **Use an earplug** in one ear, then the other
  + Sometimes the voices stop when you take it out
  + Experiment with this for at least a week
* **Take a “time out”** – Being with other people can be stressful
  + Being alone for a short time can help you calm down
  + But staying alone too long when distressed can make the voices worse
* ***Tell the voices to stop***
  + Say “Stop” out loud as soon as the voices start
  + Then quickly think of something pleasant and do something active to take your mind off the voices
* ***Challenge what the voices tell you***
  + We don’t always believe what people say to us, so we don’t have to believe what the voices say
  + You can challenge them to “prove it” – ask people around you to see if what the voices say is true or not
  + You can tell the voices you are too busy to listen now
* ***Consider the voices as your thoughts***
  + Instead of saying “My voices said I’m worthless,” say “My thoughts are telling me negative things.” (Those thoughts are not true.)
  + Sometimes what the voices say are what we really think about ourselves
  + It can be less “scary” if we use our own voice to say them
* ***Avoid caffeine, cold medicine with antihistamines, alcohol, or other substances that can make your voices worse***
  + Let your psychiatrist know about effects of medications – Report any new or worsening voices
* ***Practice tuning out the voices***
  + Start by practicing with a friend who talks to you while the TV and radio is turned on loud
  + You can get better at ignoring the noise, and can use those skills to tune out the voices
* ***Keep a record of when you hear voices***
  + Carry paper and a pen– Write when they started, where they started, what they said, and when they stopped
  + You might find patterns that can help you develop your own coping techniques
* **Talk to other people or be with a person you trust**
* **Get active by walking, jogging, riding a bike, or doing other physical activities**
* **Take care of your health and get enough sleep - Voices can be worse with:**
  + Physical illnesses including fevers, flu, or anemia
  + Premenstrual syndrome (PMS)
  + Not eating well enough, or being low on vitamins
* **Practice relaxation skills -** Learn to relax, even when the voices start
  + Practice when you are not hearing voices
  + One simple technique is to sit down or lie down and, beginning at your toes, tense and then relax them while taking a slow breath in and out.
  + Then move up to your lower legs, tensing and relaxing them while breathing in and out.
  + Keep going all the way up to your head.

Author of the reference used for “Ways to Cope” with hallucinations is unknown – Please contact us if you know who wrote them.