

COPING SKILLS

A COPING SKILL IS THE WAY THAT YOU HANDLE YOUR ANGER, STRESS, ANXIETY, FEAR OR ANY OTHER FEELING!

- A **good** coping skill is one that helps you feel better in the moment without hurting yourself or anyone else. It is also one that doesn't get you into any trouble now or later.
- A **poor** coping skill is one that might feel good when you use it, but it ends up hurting you or other people. Using a poor coping skill for a long time can be harmful.

GOOD

- Using positive self-talk
- Deep breathing
- Taking a shower
- Going for a walk
- Doing something creative
- Exercising
- Talking to a friend
- Playing a sport or game
- Hanging out with friends
- Taking a time out
- Using an I-Feel message
- Counting to 10



POOR

- Name-calling or insulting
- Becoming violent
- Spreading rumors
- Yelling and screaming
- Hurting yourself
- Threatening
- Doing something dangerous
- Shutting down
- Pretending like you don't care
- Blaming other people
- Negative self-talk
- Avoiding family and friends

WHAT ARE OTHER GOOD COPING SKILLS YOU CAN THINK OF THAT HELP YOU FEEL BETTER?

COPING SKILLS



A **coping skill** is the way that you choose to respond to your feelings of stress, anger, anxiety, and other emotions. There are two types of coping skills - **healthy** and **unhealthy**.

Healthy

A healthy coping skill is a way of coping that helps you feel better and doesn't harm you or other people physically or emotionally. A healthy coping skill is one that doesn't lead to negative consequences.

Examples

- Using positive self-talk
- Deep breathing
- Reading a book
- Going for a walk
- Volunteering
- Exercising
- Talking to a friend
- Playing a sport or game
- Hanging out with friends
- Listening to music
- Doing yoga or meditating
- Drawing or painting
- Sharing your feelings
- Taking time by yourself
- Talking to a trusted adult
- Taking a hot bath/shower
- Resolving the problem
- Being in nature

Unhealthy

An unhealthy coping skill might help you feel better in the moment, but it usually leads to consequences and can be harmful to yourself and others. A pattern of using unhealthy coping skills usually leads to poor relationships with others.

Examples

- Name-calling or insulting
- Being violent towards others
- Spreading rumors
- Yelling and screaming
- Hurting yourself
- Threatening
- Reckless behaviors
- Using drugs or alcohol
- Shutting down
- Emotional eating
- Blaming others
- Avoiding the problem
- Being passive-aggressive
- Getting revenge
- Destroying property
- Pretending not to care
- Oversleeping
- Negative social media posts

Coping Strategies

PRINTABLE FORTUNE TELLER

MY FORTUNE TELLER

COPING STRATEGIES ACTIVITY BY **Big Life Journal**

BLUE	6	7	RED
5	Make a fist, then release it.	Imagine your favorite place.	8
4	Draw a picture.	Say three things you hear.	1
GREEN	3	2	YELLOW
	Name five things you see.	Fill belly with air, breathe out, slow and deeply.	
		Give yourself a hug, squeeze tight.	

