

## MY COPING SKILLS LIST

You're ready to say goodbye to those old coping skills you learned and hello to a whole new set that will help you in your journey ahead.

Print out this worksheet.

Choose 2-4 examples from each category to try out the next time you're feeling stressed, anxious or depressed. You can use the lists on the Coping Skills Page or create your own.

Write your new skills onto the lines under each category.

Post it somewhere you'll remember or take a picture of it on your phone and refer to it when needed.

### DISTRACTION

These types of coping skills allow you to escape from the current stressor or difficult emotions.

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### COGNITIVE

These types of coping skills help to change toxic and negative thoughts into positive ones.

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### SOCIAL

These types of coping skills help you to connect to another human being/loved one.

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### PHYSICAL

These types of coping skills help to release tension in your body and build positive hormones.

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Remember, to keep trying even if it's difficult or feels downright impossible in the moment. The more you push through and attempt them, the more your brain starts to change.

If you've given one skill a few tries and it just isn't working out, feel free to try a different one to see if that works better. The goal is to make these skills a habit in the long term.

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