

COPING Skills

Coping skills are how we choose to respond to our feelings of stress, anger, anxiety and other emotions.

Healthy vs Unhealthy

Healthy coping skills help you feel better and doesn't harm you or others, nor lead to negative consequences. Unhealthy coping skills might help you feel better in the moment but have negative consequences and may harm you or others. Long term use may result in poor relationships with others.

Healthy

Examples: positive self-talk, deep breathing, taking a walk, talking to a friend, listening to music, drawing or painting, talking to an adult.

INSTRUCTIONS: List healthy coping skills you can use.

_____	_____	_____
_____	_____	_____
_____	_____	_____

Unhealthy

Examples: violence towards others, yelling, hurting yourself, reckless behavior, destroying property, shutting down, using drugs or alcohol, avoiding the issue.

INSTRUCTIONS: List unhealthy coping skills you can use.

_____	_____	_____
_____	_____	_____
_____	_____	_____