

Coping Skills

Coping skills are things we can do to handle strong feelings and difficult situations. Some coping skills are specific techniques, like deep breathing. Others might be everyday activities like going for a run, listening to music, or talking to someone you trust.

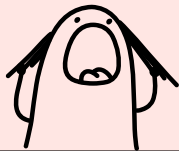
Everyone is different, so not every skill will work for you, and that is okay. Something that helps one day might not work the next. Practice different strategies and notice which ones work best for you. This list is just a starting point. There are many other ways to cope, and you can use the same skill for different emotions.

When I feel:

I can:

Angry, Frustrated, Furious

Might look like shouting, stomping, wanting to hit or throw something, etc.



- Yell into a pillow
- Hit a stuffed toy
- Count to 10
- Take a break
- Run laps
- Squeeze a stress ball
- Do 10 star jumps
- Write a letter to someone but don't send it
- **Belly Breathing**

Scared, Worried, Thinking Too Much, Nervous

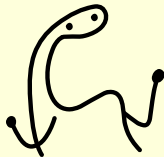
Might look like shaky hands, hard to sit still, wanting to be close to family, etc.



- Write in a journal
- Listen to music
- Practice **5-4-3-2-1 grounding**
- Share my feelings with someone I trust
- Use **progressive muscle relaxation**
- Focus on the present moment
- Focus on what I can control

Excited, Joyful, Energetic

Might look like high energy, bouncy, talking loudly, fidgeting, etc.



- Dance
- Use a fidget toy
- Sing a song
- Laugh
- Play a game with a friend
- Run or play outside
- Clean my room
- Cook or bake something

Happy, Peaceful, Calm, Loving, Safe

Might look like smiling, laughing, playing, cuddling, etc.



- Go for a walk
- Read a book
- Do a puzzle
- Do my homework
- Stretch
- Cuddle with a pet, stuffie, or family
- Spend time with family
- Use **kind self-talk**
- Pray, read scripture or inspirational quotes

Sad, Down, Bored, Lonely, Tired, Quiet

Might look like crying, low energy, spending time alone, etc.



- Paint or draw
- Go for a walk
- Ask for help
- Cry
- Remember a happy memory
- Write a poem or journal about my thoughts and feelings
- Visualize a happy or **peaceful place**
- Name one thing I like about myself
- Think about one thing I'm grateful for

My Coping Skills



Use this page to write down any coping skills you have used in the past that have worked for you or new ones that you want to try.

When I feel:

Coping skills that work for me:

Coping skills that I want to try:

Angry, Frustrated, Furious

For me this often looks like:

Scared, Worried, Thinking Too Much, Nervous

For me this often looks like:

Excited, Joyful, Energetic

For me this often looks like:

Happy, Peaceful, Calm, Loving, Safe

For me this often looks like:

Sad, Down, Bored, Lonely, Tired, Quiet

For me this often looks like:

