COPING SKILLS

When we experience strong emotions like frustration, excitement, anger, anxiety, and embarrassment, we often show erratic and irrational behavior that can make us feel uncomfortable and not act in a way we are proud of.

While feeling these emotions, it is often hard for us to think straight and know what the right thing to do is that will help calm us down.

That is why we use coping skills.

Coping skills are strategies that help calm you down, self-regulate, and manage your behavior and reactions to feelings and things happening around you. You can implement them when you feel worried, uncomfortable, or anxious to help you overcome the tough time.

They are designed to help minimize your physical symptoms and help you think more clearly.

Everybody will have a set of coping skills that work well for them, which might be different from yours; that is ok because the key is to find things that work for you and help you control your thoughts, feelings, and behavior more positively helpfully.

This activity has already identified the main coping strategies for most people. However, over time you will find that some work better than others, and you might even want to add some of your ideas.

MY COPING SKILLS TRACKER - DIARY

Keep a record of the coping strategies that work best in different situations; you might start to see a pattern.

When you identify coping skills that work, you can brainstorm more coping strategies you could implement.

WHAT HAPPENED	BEHAVIOR	COPING STRATEGY USED	RESULT

WHAT HAPPENED	BEHAVIOR	COPING STRATEGY USED	RESULT

HOW AM I FEELING?



Calm



Happy



Worried



Excited



Frustrated



Scared



Sad



Shy



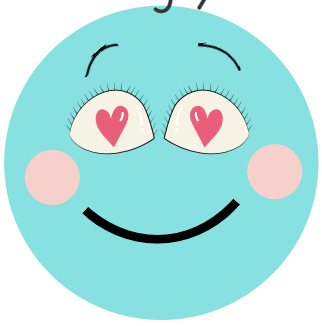
Angry



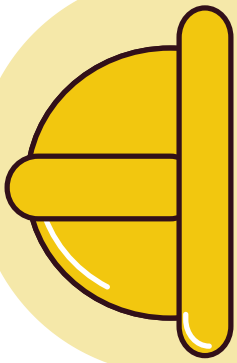
Nervous



Tired



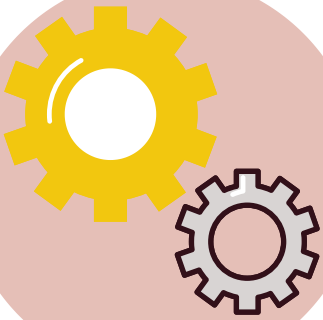
Loving



Play sport

Playing sport helps take your mind off the things that were bothering you. It is also something fun to do.





Take deep breaths

Breathe slowly in through your nose, and then slowly out through your mouth.

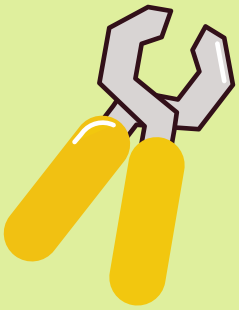




Do some colouring in or drawing

Try drawing a picture of your favourite memory.

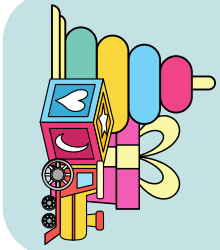




Count to 10

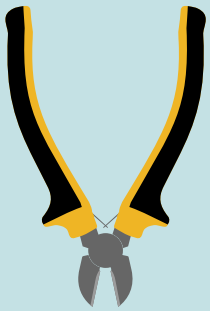
Count to 10 slowly. When you have finished you can then count backwards from 10 to 1.





Play with my toys

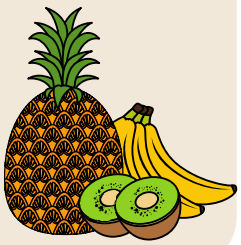
Try distracting yourself, by playing with your favourite toys.

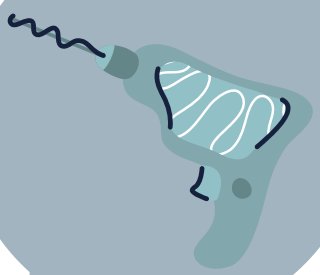




Eat some healthy food

Eating healthy food is good for your body and brain.

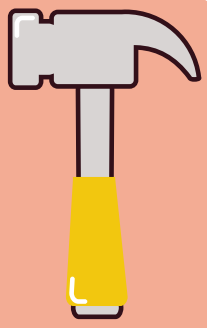




Listen to my favourite music

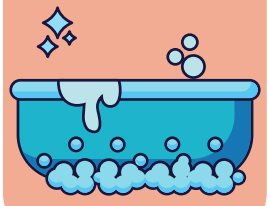
Make a playlist with all your favourite songs on it.





Have a warm bath

Take time out by having a nice warm bath. This will help you feel calm and relaxed.



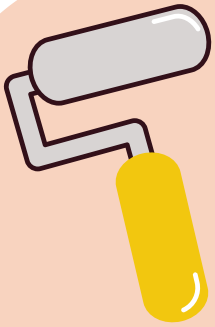
Ask for a cuddle



Ask for a cuddle. You could cuddle someone that makes you feel safe or you could cuddle your teddy bear.



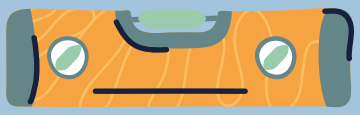
Do some stretching



When you get upset your muscles start to tense up. stretching your body will help you to feel better.



Go for a bike ride



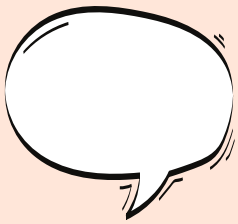
Try going for a bike ride. Doing exercise and getting fresh air is a great way to feel better.



Talk to myself nicely



Write down or say all the things that you like about yourself.





Read a book

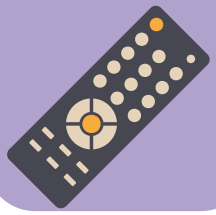
Find a quiet place and read your favourite book.

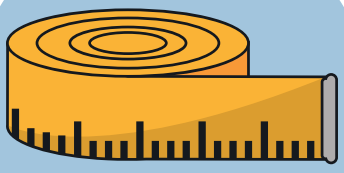




Think of my favourite memories

Try switching your thoughts in your mind. You can do this by thinking about your favourite memory.

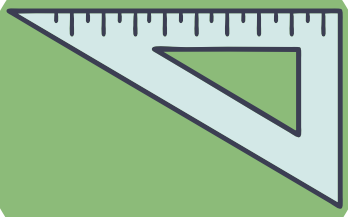




Go for a run

Go for a run or participate in some exercise. This will help you to feel calm and happy.



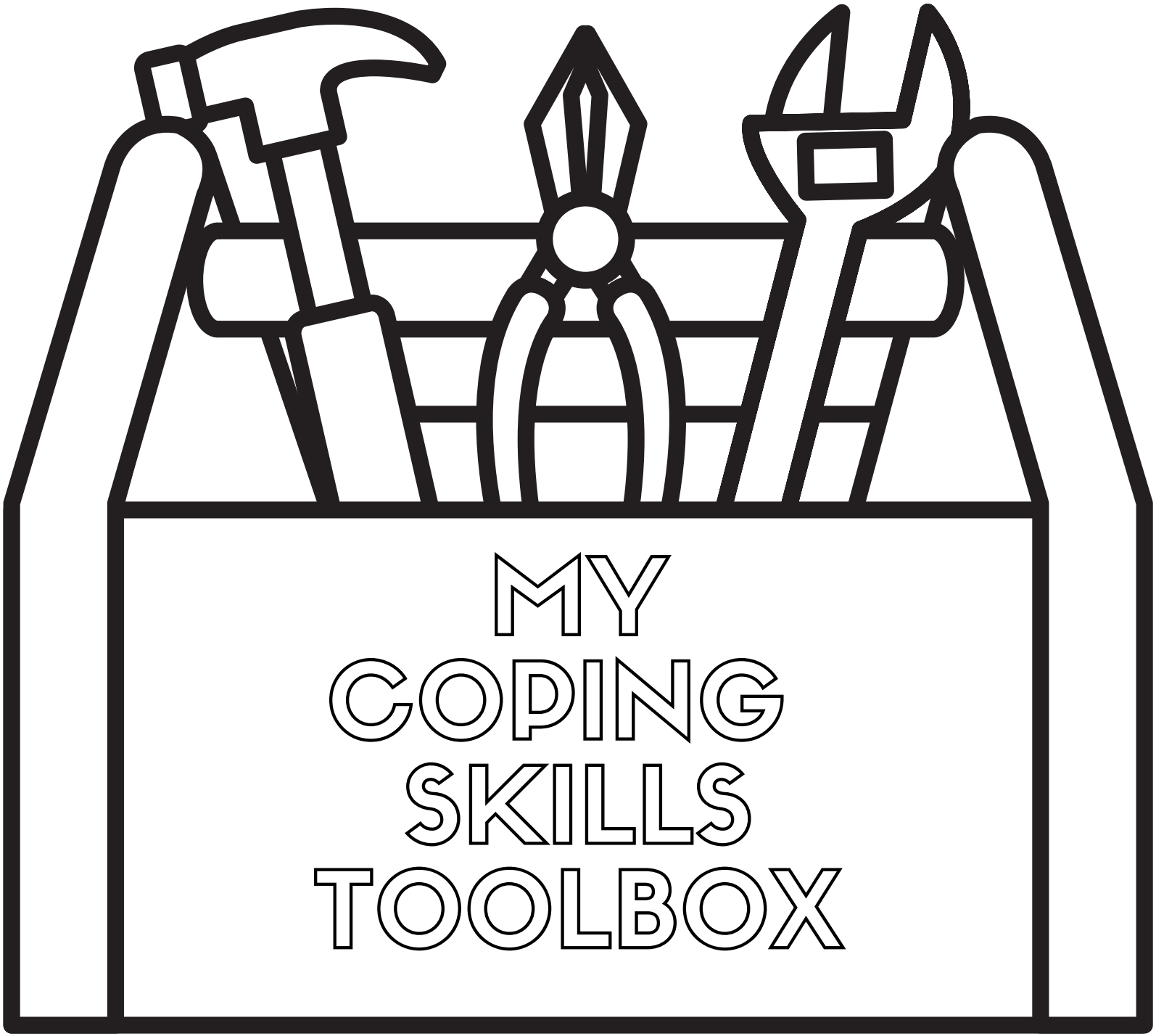


Write in my journal

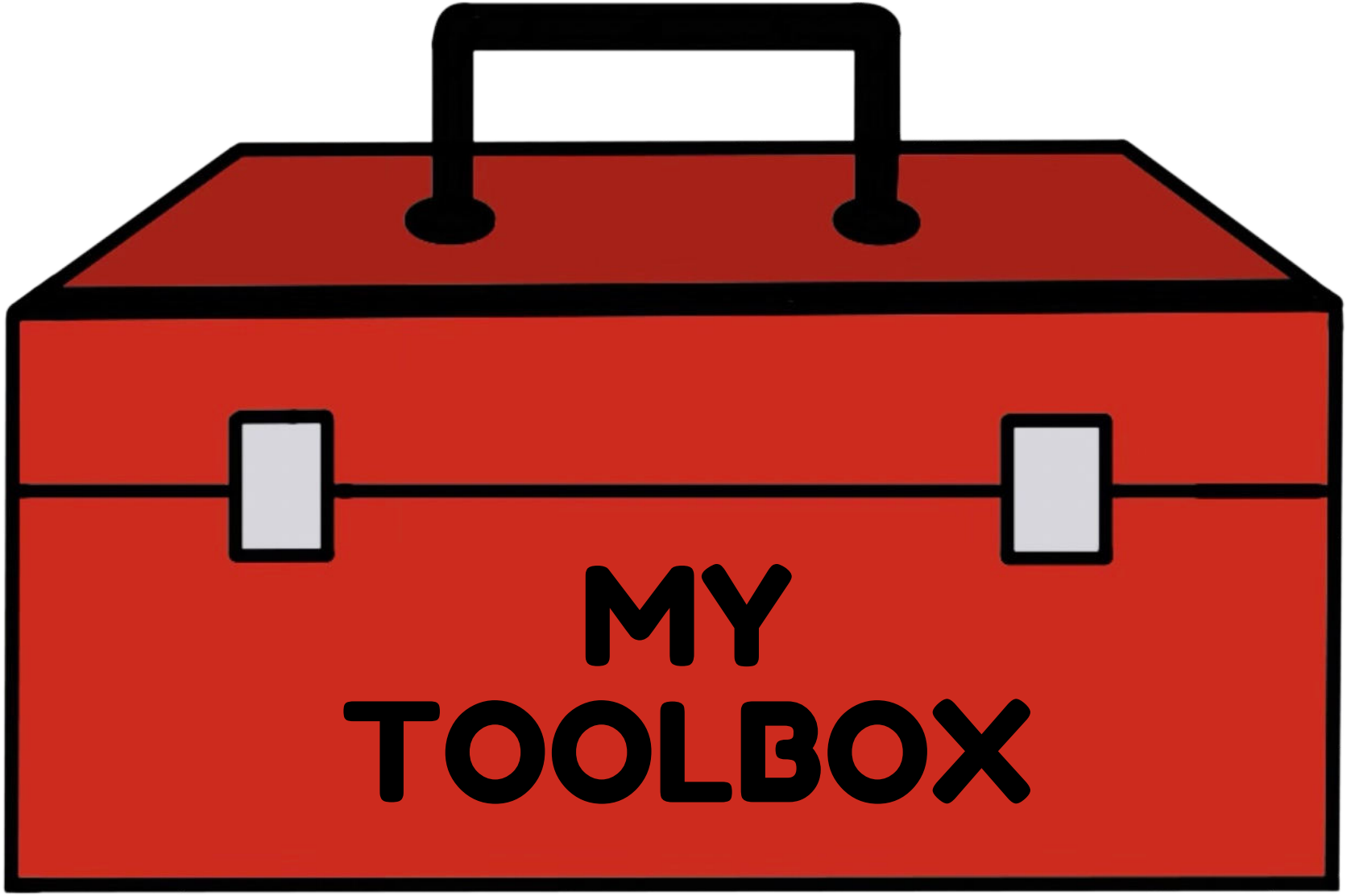
Write in your journal. Expressing your feelings will help you feel better again.



COLOURING IN PAGE



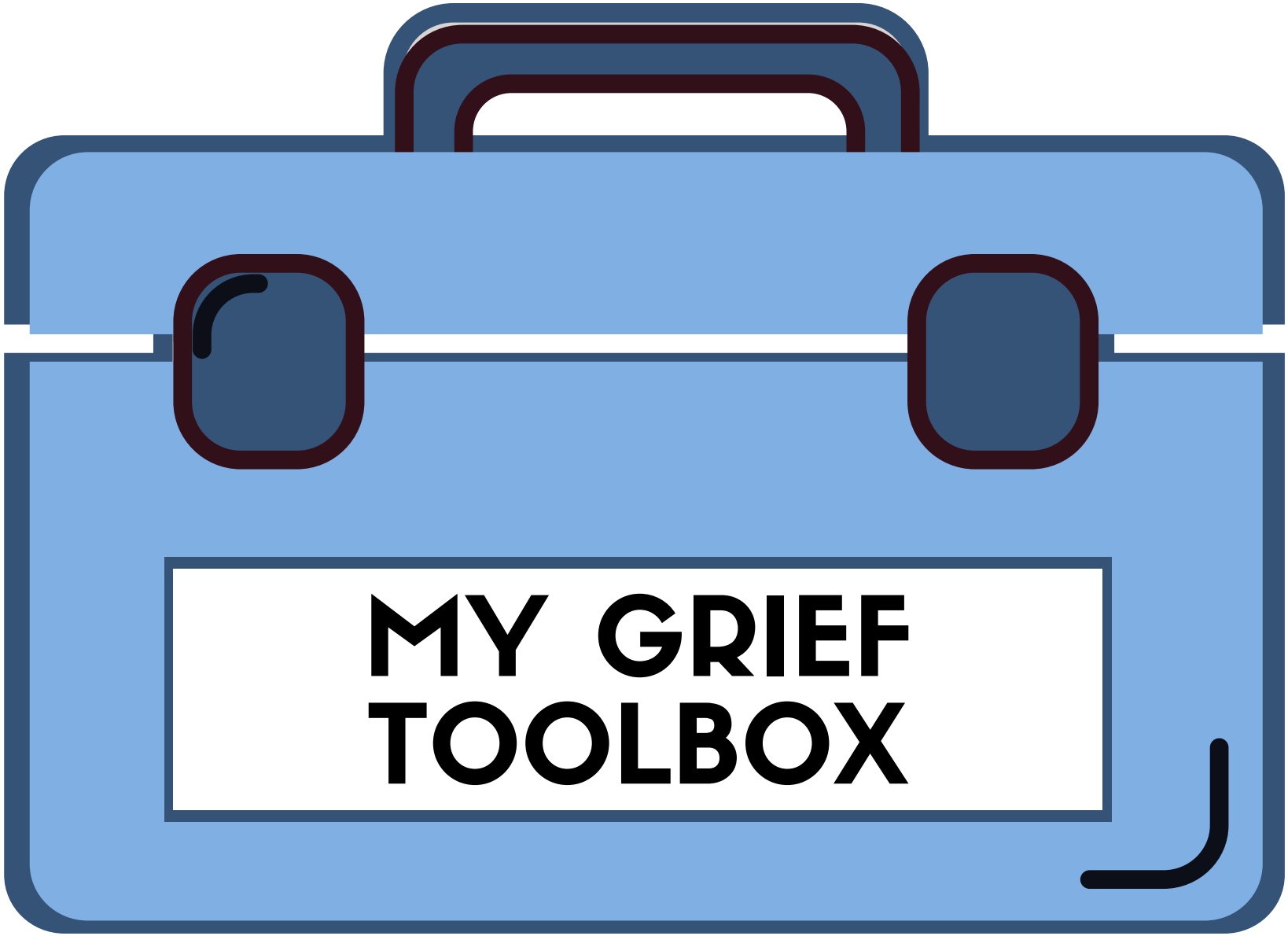
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