

Name: _____

Date: _____

HEALTHY COPING SKILLS

*Directions: Coping mechanisms are actions we take to deal with stress.
Check off a positive coping skill that you use when you're
stressed or write your own.*

Deep breathing <input type="radio"/>	Guide imagery <input type="radio"/>
Calling a friend <input type="radio"/>	Limiting Social Media <input type="radio"/>
Take a walk <input type="radio"/>	Yoga <input type="radio"/>
Art project <input type="radio"/>	Go to gym <input type="radio"/>
Jogging <input type="radio"/>	Spending time in nature <input type="radio"/>
Meditation <input type="radio"/>	<input type="radio"/> -----
Stretching <input type="radio"/>	<input type="radio"/> -----
Journaling <input type="radio"/>	<input type="radio"/> -----