

Name:

Date:

# COPING SKILLS WORKSHEETS

Objective: Build a list of healthy coping strategies.

Instructions: List all the things you can do when you feel anxious.

**Physical** (e.g., breathing, walking):

**Mental** (e.g., journaling, positive self-talk):

**Emotional** (e.g., talking to someone, crying safely):

**Creative** (e.g., drawing, listening to music):