

Coping Skills Sheet

1. **Talk to Someone You Trust** – reaching out to others can help us gain perspective. Call, text, or visit someone now
2. **Write a Note** – writing to someone else or even to yourself can help vent current unwanted feelings
3. **Take a Break** – many things reboot if you unplug them for a few minutes, including your mind
4. **Create Something** – write, draw, paint, photograph, build - focus on the creative side of yourself
5. **Go for a Walk** - similar to “Take a Break” but focus on combining lite exercise with getting away from the stressor
6. **Cry** – it’s cathartic, it will not last forever, and afterwards most people feel better
7. **Choose Self-Respect** – make decisions that will help you like yourself more tomorrow
8. **Take Care of Your Body** – enact a plan to eat right, exercise, and sleep at least 7-8 hours per night
9. **List Your Options** – in any situation, you have choices. List those choices and choose the best one
10. **Create Meaning** – remind yourself what you are living for; Work? Children? Love? Justice? Faith?
11. **Do the Best You Can With What You Have** – make the most of your available resources
12. **Practice the Power of “No”** – Saying “no” sets boundaries and limits feelings of helplessness
13. **Be Compassionate to Yourself** – listen to your internal voice with respect and care; accept your feelings
14. **When in Doubt, do What’s Hardest** – at times what’s difficult is what we need the most
15. **Talk Yourself Through it** – literally talking yourself can help you be your own best motivator
16. **Imagine Your Better Future** – create a mental picture of feeling different or being in a better place
17. **Notice The Choice Point** – think back to the exact moment you made a poor choice; chose to do differently next time
18. **Change Your Pace** – feeling shaken or exhausted, go slower. Feeling stagnant, push a little harder
19. **Stay Safe** – your success depends on the risks you take. Your survival depends on the risks you avoid
20. **Seek Understanding, Not Blame** – blaming prevents growth, listening for understanding fosters it
21. **If One Way Doesn’t Work, Try Another** – Try a new path and don’t return to what you know doesn’t work
22. **Play Something** – play an instrument, a game, a sport. Find something to engage your fun-side
23. **Take a Shower** – use water to metaphorically wash away your troubles. Take time for shower-thoughts
24. **Create a New Story** – be the author of your life; write yourself as the hero who overcomes adversity
25. **Be Assertive** - speak up for what you want and how you feel. You may be surprised that others agree
26. **Get Organized** – you will feel more in control with lists, tasks, and an arranged space
27. **Ask Others** – sometimes others help us gain better perspective on our problems
28. **Act Opposite of a Negative Feeling** – sometimes we *can* fake-it-till-we-make-it, try focusing on the positive
29. **Serve Someone in Need** – focusing on others can help us take a break from our own problems and worries
30. **Try Something, Anything** – any small step today is better than waiting for the perfect step tomorrow
31. **Investigate** – find out whether your assumption is true rather than believing your negative self-talk
32. **Attend Treatment** – counseling, AA, self-help, groups; can help shift your perspective
33. **Create a Buffer** –put time and/or distance between difficult decisions, people, or places
34. **Spend Time with Friends & Family** – when we are around others, we know we are not alone
35. **Listen to Your Needs** – stop neglecting yourself. Really focus on what you need
36. **Find Some Humor** – watch a funny movie, read jokes online, remember something that made you laugh

37. **Role-play a Challenging Situation** – choose a negative event and practice what you can do differently
38. **Notice the Cost** – what are your current struggles costing you? Decide what you can do differently
39. **Structure Your Day** – a productive schedule keeps you on track and connected to the world
40. **Set an Action Plan** – every action is a vote for the type of person you wish to become
41. **Care For Your Pet** – playing and spending time with pets is shown to improve overall well-being
42. **Soothing Self-talk** – talk to yourself very gently (as if to a friend or small child)
43. **Create a Gratitude List** – write down things you are thankful for; see if you can list at least 25 of them
44. **Trust the Process** – just keep moving forward. The only way Out is Through
45. **Read/Study** – the more you learn, practice, and participate; the quicker the healing
46. **Integrate the Split-self** – accept all sides of yourself. They are there for a reason
47. **Expect Growth to Feel Uncomfortable** – change is never easy. Expect internal and external resistance
48. **Replace Destructive Activities** – find something positive to do with your time and avoid boredom
49. **Encourage Others** – see how different the day feels when you bring positivity into another’s life
50. **Focus on Now** – be in the here-and-now; avoid ruminating on the past or future
51. **Praise Yourself** – notice what you did right and say it out loud. This is a powerful method to promote growth
52. **Observe Repeating Patterns** – look for how your daily behaviors do not align with your goals and values
53. **Self-Nurture** – do something that you enjoy today (e.g. watch TV, listen to music, watch dog videos, get a massage)
54. **Practice Delaying Gratification** – wait and see if your need to buy, do, or say that thing that you know you’ll regret
55. **Let go of Destructive Relationships** – practice boundaries that benefit yourself and others
56. **Take Responsibility** – take an active, not a passive approach in your life’s course
57. **Set a Deadline** – make it happen by setting a date and time goal
58. **Recognize Your Strengths** – you have them, what are they? Make a list of at least 15
59. **Reward Yourself** – did you successfully accomplish something today? Reward or pamper yourself if you did
60. **Discover your Goals** – what do you want to accomplish in the next week, month, year, or five years? Make a list
61. **Learn From Experience** – what wisdom could you share with others from your experiences?
62. **Be Flexible** – don’t take it personally when things go wrong, look for a different solution
63. **Use Inspirational Quotes** – write down sayings that help you gain perspective, keep a quote with you
64. **Examine the Evidence** – evaluate both sides of the situation or conversation
65. **Create a Mantra to Live by** – have a phrase that works for you (e.g., “stay real” or “I got this”)
66. **Identify the Belief** – determine which internal “should” or “must” statements are holding you back
67. **Create New “Tapes”** – write down what you want others to see/hear from you and practice those actions/behaviors
68. **Notice the Source** – before you accept criticism or advice, notice who’s giving it to you
69. **Act When You Don’t Feel Like it** – don’t wait until you feel motivated, start now
70. **Lower Your Expectations** - perfection is rarely attained, be good with today’s reality
71. **Tolerate the Feeling** – No feeling is final, just accept it and let it pass
72. **Deep, Slow Breathing** – focus on your breathing (breathe-in for 4 secs, hold it for 6 secs, and breathe-out for 8 secs)
73. **Create Positive Addictions** – sports, hobbies, exercise, spirituality, etc. And put your whole self into your wellbeing
74. **Focus your Anger** - yell at the wall, punch a punching bag, lift weights. Find ways to channel your negative energy
75. **Make a Decision** – if you are stuck, try choosing the best solution you have. Don’t wait