

COPING SKILLS

The following list can help you manage stress and anxiety. Choose one or more activities or create your own. Plan ahead so when a stressful situation pops up you will be ready!

Doodle or draw	Call someone you love
Play with a fidget	Go outside
Paint	Take deep breaths
Write down your feelings	List everything you hear, see, or smell
Write what comes to your mind	Eat something delicious
Sing	Make a list
Sew	Practice gratitude
Watch the clouds	Take a Nap
Workout	Paint your nails

Pick a few activities and use them in the next week.
Answer the following questions after the week is complete.

What coping skills did you use? Did you create any of your own?

How did using the coping skills make you feel when you were stressed or
anxious?

Will you continue to use these strategies? Why or why not?
