How Do You Cope?

Coping skills are thoughts, behaviors, and actions that help us manage difficult emotions. We can also use them for everyday challenges. Healthy coping skills help us respond to life experiences in ways that support our overall well-being.

Why Are Coping Skills Important?

Healthy coping skills help reduce stress, improve emotional regulation, build resilience, strengthen relationships, and support overall mental health.

Examples of when coping skills are helpful include workplace stress, relationship conflict, grief and loss, anxiety, depression, caregiving responsibilities, major life changes, financial stress, academic pressure, and unexpected events.

Healthy vs. Unhealthy

Healthy: journaling, exercise, prayer, mindfulness, talking with a trusted support person, etc.

Unhelpful: avoidance, isolation, substance misuse, excessive scrolling, emotional suppression, or ignoring important needs.

Current Coping Skills

What coping skills do you currently use?

COPING TOOLKIT

Check the skills you would like to add to your personal coping toolkit.

☐deep breathing	☐walking	☐puzzle	☐stretch	☐run
☐yoga	☐exercise	☐word search	☐call a friend	☐write a letter
☐journaling	☐read a book	☐prayer	☐write a list	☐take a nap
☐music	☐meditation	☐count to 10	☐gratitude	☐cry
☐arts & crafts	☐hot bath	☐drink hot tea	☐dance	☐draw/sketch
☐	☐	☐	☐	☐

This worksheet is intended for reflection and skill-building and is not a substitute for individualized mental health care from a licensed professional.

Skills I want to practice more often:

REFLECTION

1. Which coping skills have helped you most in the past?

2. Which emotions or situations are hardest for you to manage?

3. What coping skill would you like to strengthen this month?

4. What gets in the way of using healthy coping strategies?

Building a coping toolkit is a process. No single strategy works for every situation. Developing multiple coping skills gives you flexibility when life becomes challenging. Small, consistent practices often create meaningful change over time.

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