

# Coping Skills Sheet

## Calm My Body

- ☐ Take deep breaths in and out for 1-2 minutes.
- ☐ Stretch or do light yoga to release tension.
- ☐ Take a warm shower or bath.
- ☐ Do a body scan to notice where you're holding stress.

## Distract My Mind

- ☐ Listen to calming or upbeat music.
- ☐ Read a book or watch a comforting show.
- ☐ Play a game, solve a puzzle, or do a hobby.
- ☐ Clean or organize something small (desk, drawer, etc.).

## Express Myself

- ☐ Write in a journal about how I feel.
- ☐ Draw, paint, or create something artistic.
- ☐ Talk to a trusted friend or counselor.
- ☐ Cry if I need to - it's okay to release emotion.

## Change My Environment

- ☐ Step outside for fresh air or a walk.
- ☐ Change the lighting or open a window.
- ☐ Go to a different room or rearrange a space.
- ☐ Limit time on screens and social media.

## My Coping Plan

When I feel stressed, I will try this coping skill: \_\_\_\_\_

Three things that help me feel calm and safe: \_\_\_\_\_

People I can talk to when I need support: \_\_\_\_\_

A calming activity I can do today is: \_\_\_\_\_

A place I feel peaceful is: \_\_\_\_\_

When I used a coping skill that worked, it was: \_\_\_\_\_