

# Coping Skills Worksheet

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This worksheet is designed to help you identify and develop coping skills to manage difficult emotions, situations, or experiences. Take some time to think about a difficult situation you're currently facing or have faced in the past. Then, go through each category and select coping strategies that resonate with you. Write down the coping strategies you selected under "Selected Coping Strategies." Feel free to add or modify coping strategies as necessary. Lastly, answer the reflection questions to help you better understand your coping skills and how they are helping you manage difficult emotions or situations.

## Describe a difficult situation:

In December, I was laid off unexpectedly from a job I loved. It left me feeling anxious, insecure about my future, and unsure of my identity. The uncertainty has been overwhelming at times.

## Coping strategies

### 1. Mindfulness techniques

Mindfulness techniques can help you stay grounded and present, which can reduce stress and anxiety. Try incorporating one or more of these techniques into your daily routine.

- **Deep breathing:** Take a few deep breaths, inhaling through your nose and exhaling through your mouth.
- **Meditation:** Set aside time each day to meditate. There are many apps and guided meditations available online to help you get started.
- **Yoga:** Practice yoga to help reduce stress and increase relaxation.
- **Body scan:** Close your eyes and scan your body from head to toe, noticing any areas of tension or discomfort.
- **Mindful walking:** Take a walk and pay attention to your surroundings. Focus on the sights, sounds, and sensations you experience.

### 2. Relaxation techniques

Relaxation techniques can help you release tension and calm your mind. Experiment with different techniques and find what works best for you.

- **Progressive muscle relaxation:** Tense and relax different muscle groups in your body, starting with your feet and working your way up to your head.
- **Visualization:** Imagine yourself in a peaceful, calming environment, such as a beach or a forest.
- **Guided imagery:** Listen to a guided relaxation exercise that walks you through a peaceful scenario.
- **Aromatherapy:** Use essential oils to create a relaxing atmosphere.
- **Warm bath/shower:** Take a warm bath or shower to relax your muscles and reduce stress.

### 3. Positive self-talk

Positive self-talk can help you reframe negative thoughts and boost your self-esteem. Try incorporating positive self-talk into your daily routine.

- **Affirmations:** Write down positive affirmations, such as "I am worthy" or "I am capable," and repeat them to yourself throughout the day.
- **Gratitude journaling:** Write down things you're grateful for each day to help shift your focus to the positive.
- **Self-compassion exercises:** Treat yourself with kindness and understanding. Imagine what you would say to a friend in the same situation and offer those exact words to yourself.
- **Positive visualization:** Imagine yourself succeeding in a challenging situation. Visualize yourself feeling confident and capable.
- **Encouraging statements:** Write down encouraging statements, such as "I can do this" or "I'm stronger than I think," and repeat them to yourself when you need a boost.

# Coping With School Lets Work It Out Level 1

**Marco Cascella**



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