

Types of Coping Skills

IDENTIFICATION WORKSHEET

NoT sure what Type of Coping skill will Help? Try the Recommendations below

PHYSICAL SKILLS

Contract & release muscles
squeeze something
Physical intimacy
exercise
Use fidget toys
Build something

DISTRESS TOLERANCE SKILLS

imagery/visualizations
prayer
finding meaning/purpose
groundinG techniques
relaxinG actions
radical acceptance

DISTRACTION SKILLS

Engage with your pet
screen time
clean
plan something fun
Participate in your hobby
Garden

MINDFULNESS

Observe (internal + external)
Being present
without judgement
curious disposition
SeperatinG yourself
from your thoughtS
Functional opposite action

SELF SOOTHING SKILLS

Deep breathing
Positive self talk
Scan your body
engage your 5 senses

PROCESSING SKILLS

create a mind map
talk to trusted person
Control vs can't
control activity
identify & unDerstand
triggers