

Types of coping strategies:

Calming



Coping skills that help your body relax. Examples include mindfulness, naps, or deep breathing. Calming strategies are especially helpful for the physiological effects of stress.

Types of coping strategies:

Distracting



Coping skills that distract you from thinking about out-of-control situations (Not the same as avoiding problems you can change). Examples include coloring, reading a book, playing a game, or gardening.

Types of coping strategies:

Physical

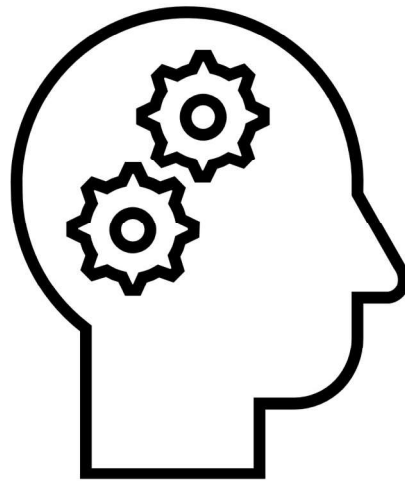


Coping skills that keep your body busy and manage excess energy.

Examples include exercise, stretching, dance, sports, squeezing a stress ball, using a pop-it.

Types of coping strategies:



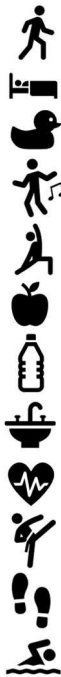

Processing



Coping skills that help you identify and understand your emotions.

Examples include journaling, creating art, writing, practicing gratitude, affirmations, or talking to someone you trust.

Coping Strategies

		Helpful	Neutral (Either/or)	Harmful
	Calming These coping strategies help most when stress is causing physical effects on the body or harmful thought cycles.	Take deep breaths Practice mindfulness Rest/take a break Spend time outdoors Look at the stars	Be still or silent Helps after a long, busy, noisy day. Harms if it's a time when you could benefit from speaking up.	Substance use
	Distracting These coping strategies help most when the cause of stress is out of control and cannot be changed. Distractions should not be used to avoid processing or addressing situations that can be changed.	Listen to music Read a book Cook or bake Play with a pet Watch a movie/show Solve a puzzle Start a project Watch sports Hang out with friends	Use social media Helps to look at supportive, happy pages. Harms to look at pages that cause envy, self-doubt, or resentment. Go shopping Helps when affordable. Harms when trying to save money. Play a game Helps if game is fun, and screentime is limited. Harms if there is bullying, extended screentime, or gametime takes the place of sleep.	Hurt yourself
	Physical These coping strategies help most to release built-up tension or excess energy caused by stress, or to address physical needs like hunger, thirst, and hygiene that might be causing extra stress.	Go for a run Take a short nap Take a bath Dance Stretch or do yoga Have a snack Get a drink Wash your face Check in with body Practice martial arts Take a walk Go for a swim	Cry it out Helps as a temporary release. Harms to dwell on sadness. Throw objects Helps if objects are meant for throwing -Balls, frisbees, etc.- Harms if objects are not meant for throwing Scream Helps if location, time is appropriate (Outside, for example). Harms if it causes stress for others. Run away Helps if running from real danger. Harms if running away to avoid tackling a problem.	Oversleep Overeat Slam doors Get in a fight
	Processing These coping strategies help most to identify and understand emotions caused by stressful situations.	Talk to a friend Create art Write in a journal Break from screentime Practice gratitude	Catch up on work Helps if you've been procrastinating. Harms if you're overworking and could really use a break.	Yell at someone Withdraw

Coping skill:

An action that you can take to lessen or react more positively to a stressful situation.

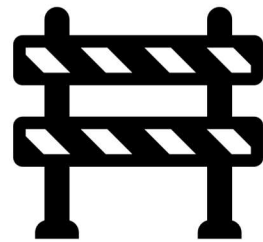
Examples:



Do something
calming



Do something
distracting



Make a personal
boundary

Problem-Based Coping Skills

Coping skills that focus on changing the circumstances.

These coping skills are most helpful when you need to change your situation.



Healthy problem-based coping skills:

- Ask for support from a friend or a professional
- Create a to-do list
- Brainstorm
- Establish healthy boundaries
- Leave a situation that's causing stress
- Create a plan
- Remove a stressful thing from your life
- Work on managing time better

Emotion-Based Coping Skills

Coping skills that focus on addressing your feelings, especially when the circumstances are out of your control.

These coping skills are most helpful when stress is affecting your emotions.



Healthy emotion-based coping skills:

- Care for yourself (Spend time in nature, wash your face, drink tea)
- Engage in a hobby (Do yoga, play basketball, knit something, make art)
- Focus on a task (Cook a meal, read a book, do homework)
- Practice mindfulness (Meditate, practice gratitude, write an affirmation)
- Use relaxation strategies (Breathing exercises, journal, squeeze a stress ball)

Problem- and Emotion-based coping skill visual