

Name: _____ Date: _____ Hour: _____

Developing Effective Coping Strategies

It is important to use a variety of coping strategies to manage stress that inevitably will occur. By regularly practicing coping strategies, you can stop stress from building up and prevent stress overload.

Not all stressful situations are within our control, and not every situation can be changed. Effective, healthy coping skills can allow you to get through difficult times.

Examples of healthy coping strategies:

- relaxation techniques
- journaling
- deep breathing
- exercise

List three coping strategies that have worked for you in the past that you would like to use regularly:

List three new coping strategies you would like to try:

When will you use these coping techniques?

How will these six coping skills you have identified affect your stress level? What changes will you see as a result of using these coping strategies?

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Coping Skills and Habits

How do you usually handle stress? List your usual coping habits.

How effective are the coping behaviors you have used in the past? Do they reduce or eliminate the stress?

Which of the coping techniques did you use in the past but are no longer using?
