

Coping Skills Worksheet

Choose practical skills you can use when stress, worry, or strong emotions start to build.

BODY

- Slow breathing for two minutes
- Relax one muscle group at a time
- Drink cold water slowly
- Walk, stretch, or shake out tension

MIND

- Name the feeling without judging it
- Check whether the thought is a fact
- Focus on one present-moment detail
- Use a kinder inner statement

ACTION

- Tidy one small area
- Start a simple task for five minutes
- Write a short journal entry
- Plan the next realistic step

CONNECTION

- Text someone supportive
- Sit near a trusted person or pet
- Ask for practical help
- Share one honest sentence

SOOTHE

- Listen to steady calming sounds
- Use a warm drink or blanket
- Notice a pleasant scent
- Look at a comforting image



MY TOP 5 COPING SKILLS

Pick five skills from the menu, or write your own, so you have a ready plan before pressure rises.

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SKILL 1

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SKILL 2

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SKILL 3

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SKILL 4

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SKILL 5