

# 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.

SKILL 1

SKILL 2

SKILL 3

SKILL 4

SKILL 5