

COPING SKILLS GROUP THERAPY WORKSHEET

Focus on your
personal
strengths.

Connect with
the people with
whom you are
in a group

What coping
skills others are
using in their
problems.

COPING SKILLS!!!!!!

Engage in
positive talk
with others

Practice some
mindfulness
skills in a group
to reduce stress

Write your
feelings and
see what others
are writing.

References

[Sank, L., Shaffer, C. \(2012\). *A Therapist's Manual for Cognitive Behavior Therapy in Groups*. Germany: Springer US.](#)

[Ngooi, B. X., Wong, S. R., Chen, J. D., & Yin Koh, V. S. \(2022\). Exploring the use of activity-based group therapy in increasing self-efficacy and subjective well-being in acute mental health. *Hong Kong journal of occupational therapy : HKJOT*, 35\(1\), 52–61. <https://doi.org/10.1177/15691861221075798>](#)

You can download more Mental Health worksheets [here](#).

Please note: There may be a more up-to-date and editable version of this worksheet available [here](#) which may be more suitable to present to clients if you are a therapist or to use in a classroom as a teacher or guidance counsellor.