



Coping Strategies Worksheet

The following are some of the very common coping skills that you should learn to get rid of daily life stressors.

Deep Breathing

Breath in and breath out, 3 -5 times in a day, 4 seconds inhaling, 4 seconds holding your breath, and 4 seconds exhaling. This is how you are supposed to do deep breathing.

Relaxation Techniques

Progressive Muscle Relaxation and Yoga are some of the options that you can try whenever you feel that you are unable to control your anger.

Exercise:

Go for a walk or a swim. Anything that relaxes your mind and gives you peace of mind. Physical exercise is very important, running releases endorphins. Exercise isn't just good for the body. It also has a powerful effect on mental well-being. People who exercise regularly are happier across the board. Plus, they're also less stressed, angry, anxious, and depressed. It doesn't really matter what kind of exercise you do, so long as you do it regularly.

Balanced diet:

As it is said, you are what you eat so eat healthy so that you don't have to diet or end up restraining yourself from some food items. Eat a well-balanced and healthy diet.

Set Boundaries:

If you don't want to talk to someone or go somewhere, be assertive and state so it is also protecting yourself from unwanted harsh comments. Go where you are celebrated, not where you are tolerated.

Make self-care a part of your routine.

Engage in self-care activities and make them a part of your routine, do them twice a day or every day, whenever it's possible. Push yourself to practice self-care.

Practice Gratitude:

Gratitude doesn't have to be saved for the big things in life. Simple things like good weather, sunny days can be a reason to be grateful. They are simple reminders to self to achieve inner peace and mindfulness. Spending the day with your loved ones, enjoying nature, appreciating your subordinates to facing difficult situations, and then overcoming them are all different ways of practicing gratitude

Self-Soothing Activities:

Find a pleasurable way to self-soothe your senses. Write down your favourite Self-soothing activities that you would like to do on a rough day.

Sight <ul style="list-style-type: none">● Sit under a starry sky at night.● Take a gander at a book with a delightful view or excellent craft.● Watch a movement film or video.
Taste <ul style="list-style-type: none">● Buy your favourite desserts or savoury items.● Make some espresso, tea, cocoa, or anything that you appreciate drinking● Cook your favourite meals, eat it gradually and then savour their taste
Hearing <ul style="list-style-type: none">● Have a conversation with the person you like.● Tune in to the preferred music that makes you relaxed.● Tune in to relieving jazz, or instrumental live radio on YouTube.
Smell <ul style="list-style-type: none">● Wear a fragrance or cologne whose smell you appreciate.● Light up a scented candle.● Get some fresh flowers or indoor plants that smell nice.
Touch <ul style="list-style-type: none">● Take a warm long bath● Take your favourite blanket and wrap yourself.● Get a massage, a manicure-pedicure. Anything that relaxes you.

Take up a Hobby:

Learn a new skill, or find out what you like to do in your leisure time, make a habit of spending some quality time with yourself. Start taking care of yourself and doing things that make you happy.

Maintain a Gratitude Journal:

The Gratitude Journal will help you to be grateful each day, for being able to do so many things, as small as drinking a glass of water all by yourself. This will make you a more thankful person. It includes all such Simple reminders for which we need to be thankful. Spending the day with your loved ones, enjoying nature, appreciating your subordinates when facing difficult situations, and then overcoming them are all different ways of practicing gratitude.

Time out: This simply means removing yourself from the situation for a period of time, to give yourself a chance to cool down and think things through before you act., when you notice yourself becoming angry during an argument with your partner, say “I need to take time out, let’s talk about this calmly when I get back” and then go for a walk.

Distraction: If you cannot change the situation, it can help to distract yourself from whatever is making you angry by counting to 10, listening to music, calling a friend to chat about something else, or doing housework. For example, if you are stuck in traffic and getting angry, put on the radio and try to find a song you like, or count the number of times the chorus is sung.

Silly humor: While it is not always possible to just ‘laugh your problems away, you can often use humor to help you to take a step back from your emotions if somebody made fun of you and laugh it away.

STOP:

Stop the reaction and Think- give yourself time to reflect, analyze, take a breath, and then Act.

Turtle Technique:

Go into your shell, don’t react, and after thinking carefully then take action.

Count to 100

Whenever you feel getting out of your control and want to react immediately right after the action then start counting, the rule is to count to 10 before you speak. If very angry, a hundred.

Squeeze a ball:

Keep in your bag, some anger balls, soft squishy balls to get away with emotional turmoil.

References

[Aldwin, C. M. \(2009\). *Stress, Coping, and Development: An Integrative Perspective*. United Kingdom: Guilford Publications.](#)

[Krohne, H. W. \(2002\). *Stress and coping theories*. Int Encyclopedia of the Social Behavioral Sciences](#)

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.