

Mental Health Coping Strategies Worksheet

Coping Strategies are the healthy alternative behaviour that you learn to deal with the stressful events in your life. There are major types of coping skills that the worksheet will be teaching you. Learn any coping skill.

Self soothing Activities

Engage in self soothing activities like soothing your senses.



TASTE



HEARING



SIGHT



SMELL



TOUCH

Taste	Hearing	Sight	Smell	Touch

Mindfulness:

Mindfulness means maintaining a moment-by-moment awareness of our thoughts, feelings, bodily sensations, and the surrounding environment through a gentle, nurturing lens. Relaxation techniques to deal with your stress. When we practice mindfulness, our thoughts tune into what we're sensing in the present moment rather than rehashing the past or imagining the future. E.g meditation, deep breathing, and yoga.

Distraction Techniques

If you cannot change the situation, it can help to distract yourself from whatever is making you anxious by doing the following activities:

- By counting to 10, take your mind off to the irrational thought.
- Take a warm relaxing bath.
- Calling a friend to chat about something else, or doing housework.

- Whenever you feel anxious and out of control, get yourself out of that particular situation. If there are people in a gathering, just make an excuse and give yourself some time.
- Go see a movie.
- listen to music to distract your mind or to calm it down.
- Cook a meal
- Do Gardening

Emotional Coping skills:

To deal with the emotions and your feelings, try doing the following activities: Maintain a journal, Write about your emotions, as to how you feel and why you feel them

Doing the opposite:

Whatever you are feeling, do the exact opposite of it, Use humour as a coping mechanism, to deal with your stress.

Time management:

One of the great coping skills is to learn to manage your time effectively. Start your day right with breakfast, and keep your energy up and your mind clear with balanced, nutritious meals throughout the day.

Seek support from people around you:

You can always seek help whenever needed. Try to connect with people around you and seek help whenever needed.

Deep breathing:

Learn to do yoga or meditation and simple deep breathing exercises so that you can deal with your anxiety.