

Schizophrenia Coping Skills Worksheet

Following is a list of coping skills for schizophrenia. Read them carefully.

- Join a peer support group
- Participate in social skills training
- Exercising
- Spending time with friends
- Writing in your journal
- Enjoying coffee or tea
- Sitting outside
- Taking medications at the right time each day
- Taking care of hygiene, Bathing, washing hair, brushing teeth, trimming nails
- Making the bed, changing sheets when needed
- Sticking to a healthy diet
- Getting enough sleep
- Doing meditation or yoga
- Cleaning your room
- Don't let schizophrenia define you
- Go to therapy
- Seek proper treatment and counseling