

## Coping Skills Audit

We all use a range of coping skills to deal with the stressors of everyday life. Positive ones help us to deal with the stress, negative ones avoid the stress and may cause more harm. Many of us tend to have a more dominant 'style' of coping, let's discover yours.

1. Tick the box that applies for each statement
2. Work with your RESTA to find out whether these are positive or negative coping strategies. In the column to the right mark either a P for positive or N for negative.
3. Count the number of positive and negative strategies you always use.
4. If you have ticked some negative coping strategies discuss with your RESTA what you would like to change and how you might do that.

Coping strategy	Always use	Sometimes use	Never use	Positive or negative
Taking a soak in the bath				
Listening to music				
Scrolling through social media				
Meeting friends				
Trolling on social media				
Staying out late				
Discussing my problems				
Emotional eating				
Spreading lies/rumours				
Going for a walk				
Yelling				
Playing sport/going to the gym				
Yoga/Meditation				
Buying stuff online				
Listening to music				
Chatting with my partner/close friend				
Threatening others				
Risk taking				
Deep breathing				
Self-care				
Destroying property				
Setting boundaries				
Making a plan				
Lashing out				
Organising my room				
Organising my diary/planning a schedule				
Journalling				
Visiting the hairdresser/beautician/spa				
Getting into fights				
Eating junk food				