

Coping Skills

The table below shows the different ways that we can cope when faced with a problem or uncomfortable emotion. In the right-hand column right your own personal coping skills that matches the definition given in the column to the left.

Definition	My personal coping skill
Distraction: A strategy where we divert attention away from a stressor and toward other thoughts or behaviours	
Grounding: Where you get out of your head and are more in touch with your surroundings	
Emotional Release: A strategy that involves managing your emotional response to a situation instead of trying to solve the problem itself, when we release, we let our feelings out.	
Self-Love: Practising be kind to yourself	
Support Seeking: Asking for help from your social group	
Positive thinking: Replacing your negative thoughts with more positive, helpful thoughts	