

## Positive or Negative?

The strategies we use to cope with stress can either be positive and help us to deal with stress and feel better. Or negative and avoid, ignore, or worsen the problem often leading to harmful consequences.

Have a look at the numbered statements below and decide whether they are positive or negative coping skills. Put the corresponding number either the positive or negative box. The first one is completed for you.

| Positive |  |
|----------|--|
| 1        |  |

| Negative |  |
|----------|--|
| 2        |  |

- 1. Using positive self-talk
- 4. Hitting out at others
- 7. Using alcohol or drugs
- 10. Meditating

- 13. Joining a group activity
- 16. Emotional eating
- 19. Journalling
- 22. Avoiding doing work

- 2. Seeking revenge
- 5. Going for a walk
- 8. Avoiding others
- 11. Yelling

- 14. Dinner with friends
- 17. Not eating
- 20. Visiting your favourite place
- 23. Hugging someone close to you

- 3. Sleeping in
- 6. Being with friends
- 9. Creating art
- 12. Making negative comments on social media
- 15. Talking with your parents
- 18. Taking a soak in the bath
- 21. Staying out all night
- 24. Blaming others