

What Should We Put into Our Coping Skills Toolkit?

When you are having a difficult time, you will experience some difficult emotions.

Coping skills can help you to feel better, give you time to think and help you to make the correct choices.

Both adults and children use coping skills. As an adult, you may use different coping skills from your child but some of the skills will be similar.

Some coping skills are healthy and should be used to help you deal with difficult situations. Other coping skills are not as healthy. The unhealthy coping skills may cause you or someone else harm. It is important that you work together to decide which coping skills are positive and which are negative.

Read the following statements and decide whether you think they are good ways of coping with a difficult situation or not.

Circle the healthy coping skills with a **green** pen and the unhealthy coping skills with a **red** pen.

Our Coping Skills

Do something to relax.

Punch a wall.

Shout into a pillow.

Eat comfort foods.

Take some exercise.

Use rude or negative words.

Tell someone how you are feeling.

Push someone.

Call them unkind names.

Count to five before you do or say anything.

Draw or paint.

Shout at someone.

Eat healthy foods.

Play or go out with your friends.

Rip or screw up some paper.

Find somewhere calm.

Try something new to distract yourself.

Listen to music.

Isolate yourself from others.

Do school work all the time.