

COPING SKILLS



I STOP AND
LISTEN TO
MYSELF

I go jogging or walking
I do my favourite sports
I relax and recover
I eat well
I sleep



I search for more information
I make plans
I write things down
I solve problems
I make lists



I seek hope from values,
ideas or religion
I think about the meaning of life
I quiet down, meditate, pray
I am present



I try new ways of working
I use my imagination
I think positively
I listen to myself
I do cooking, drawing,
handicrafting, writing, filming,
podcasting, tik tokking

I LOOK FOR
DIFFERENT WAYS
TO RECOVER



I show my emotions; I laugh, I cry
I talk about my feelings
I express my emotions in different ways;
dancing, playing music, writing, painting



I spend time with my friends
I support others and accept support
from others
I turn to others for help
I share my experiences with others

I TRY NEW
WAYS OF
COPING