

7 TYPE OF COPING SKILLS



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Coping skills are the strategies, behaviors, thoughts, and actions that individuals use to manage stress, adversity, or challenging situations. They are essentially the toolkit people rely on to deal with the difficulties and pressures of life.

Coping skills can be both conscious and unconscious, and they vary widely from person to person based on individual experiences, personalities, and preferences.



DISTRACTION

Taking Mind off
Your Problems

Puzzles
Books
Crafts
Socializing
Crosswords
Reading
Movies
Music

Use Distraction
when your Heart
and Mind need a
Break.

GROUNDING MINDFULNESS

Centering Your
self in the
Moment

Meditation
Breathing
Yoga
5 Senses
Music
Shower
Relaxing
Stretch

Use Grounding
When You're
feeling Anxiety
and Overwhelm

EMOTIONAL AWARENESS & RELEASE

Identify
Expressing &
Emotions

Journaling
Reflection
Talking
Socializing
Writing
Drawing
Music
Singing

Express Emotions
that you've had
to Hold Back

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SELF LOVE & SOOTHING

Comforting
and Showing
Love for Self

Message
Self-Care
Compassion
Bubble Bath
Comfort
Rest
Nap
Empathy

Use When you
find you're
being Hard
on Yourself

OPPOSITE ACTION

Doing the
Opposite of
Impulses

Play Happy
Music When
feeling Sad
Take a
Break when
Impulsive
Give a Hug
When feeling
Angry

Use When you
feel like doing
something
Unhelpful

CHANLLENGING THOUGHTS AND ASSUMPTIONS

Challenging
Negative
Thinkings

Checking the
Validity of
Assumptions
Challenging
Negative
Thinking
Showing Yourself
Compassion

Use When
Negative
Thoughts are
Overwhelming

CRISIS PLAN

Using a Plan
to get
Through Crisis

Having Safe
People
Having crisis
Lines Number
Having Safe
Places to go
Accessing
Resources

Use any time
you're Afraid
for your own
Safety



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DISTRACTION

**GROUNDING
MINDFULNESS**

**EMOTIONAL
AWARENESS
& RELEASE**

**SELF LOVE
&
SOOTHING**

**OPPOSITE
ACTION**

**CHANLLENGING
THOUGHTS AND
ASSUMPTIONS**

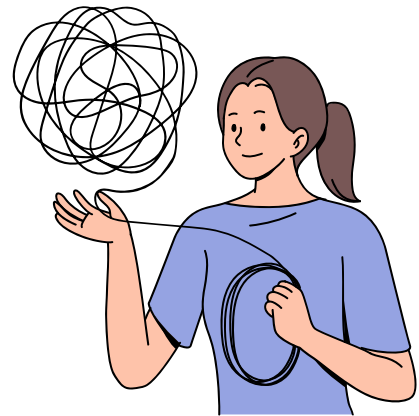
**CRISIS
PLAN**

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COPING SKILLS

Coping skills are strategies individuals use to manage stress, adversity, or challenging situations. Here are seven types of coping skills:

- **Problem-Solving Skills:** This involves identifying the problem, generating possible solutions, evaluating those solutions, and implementing the best one. It's about taking action to address the source of stress or difficulty.



- **Emotional Regulation Techniques:** These are strategies that help individuals manage their emotions effectively.

Examples include deep breathing exercises, mindfulness meditation, and progressive muscle relaxation.

- **Social Support:** Seeking support from friends, family, or support groups can be a valuable coping strategy. Talking to others about your feelings and experiences can provide comfort, advice, and perspective.
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- **Self-Care Practices:** Taking care of oneself physically, emotionally, and mentally is essential for coping with stress. This includes getting enough sleep, eating healthily, exercising regularly, and making time for activities that bring joy and relaxation.

