

Free Coping Skills **Log** Template

Date	Situation	Feeling	Before	Skill Used	After	Did It Help?	Try Again?
			___/10		___/10	☐ Yes ☐ Somewhat ☐ No	☐ Yes ☐ No
			___/10		___/10	☐ Yes ☐ Somewhat ☐ No	☐ Yes ☐ No
			___/10		___/10	☐ Yes ☐ Somewhat ☐ No	☐ Yes ☐ No
			___/10		___/10	☐ Yes ☐ Somewhat ☐ No	☐ Yes ☐ No
			___/10		___/10	☐ Yes ☐ Somewhat ☐ No	☐ Yes ☐ No
			___/10		___/10	☐ Yes ☐ Somewhat ☐ No	☐ Yes ☐ No



Mindfulness
Deep breathing



Nature
Breathing



Connection
Nature and sunlight



Creative
Creative idea



Self-Care
Creative idea



Momentary
Breathwork

