

Healthy Coping Skills Handout

Skills That Help You Regulate

Goal: Lower the volume to think.



- Slow Breathing
- Stretching



- Hot Shower / Walk Outside
- Calming Music



Skills That Help You Process

Goal: Give a feeling attention.



- Journaling / Drawing
- Name the Emotion (e.g., 'Furious' to 'Hurt')
- Talking to Someone You Trust



Skills That Help You Solve Problems

Goal: Make a plan.



- Break it into Manageable Steps
- Ask for Clarification / Set Boundaries
- Get Help When Load is Heavy



Skills That Help You Connect

Goal: Cut isolation, gain perspective.



- Text / Call a Friend or Family
- Talk to a Teacher or Counselor
- It's OK to not have a perfect explanation



Skills That Give You Temporary Relief (Healthy Distraction)

Goal: Gain capacity to return.



- Watch Something Familiar
- Do Something Creative
- Ask: Does the break help you return with more capacity?

