



Healthy vs. Unhealthy Coping Skills



Identifying Unhealthy Patterns



Discovering Healthier Strategies



My Coping Strategy:

Short-Term Relief?

☐ Yes ☐ No

Long-Term Effects?



What Need am I Meeting?

☐ Yes ☐ No

A Healthier Strategy:

How to Make it Easier to Try?



Example: Scrolling Phone when Stressed
Short-Term Relief?: Distraction
Long-Term Effects: More Tired

