

POSITIVE COPING SKILLS

Responding to stress in a way that supports you.



Something difficult I'm dealing with:



What I'm feeling:



What I need right now:



One healthy action I can take:



One person or resource that could support me:



One thing within my control:



One small step I can take today:



Coping doesn't mean pretending everything is fine. It means making room for what you need—like taking a break or asking for help.

