

COPING SKILLS CHECKLIST

Move My Body



- ☐ Take a short walk
- ☐ Stretch
- ☐ Dance to one song
- ☐ Shake out tension
- ☐ Do a few gentle exercises



Calm My Senses



- ☐ Take slow breaths



- ☐ Listen to calming music



- ☐ Hold something comforting



- ☐ Notice five things I can see



- ☐ Step somewhere quieter

Process My Emotions



- ☐ Write down what I'm feeling



- ☐ Name the emotion



- ☐ Draw or doodle



- ☐ Give myself time before reacting



Take Constructive Action



- ☐ Break the problem into one small step

- ☐ Break the problem into one small step
- ☐ Ask for help



- ☐ Take a short break



- ☐ Set a boundary



- ☐ Make a simple plan

- ☐ One skill I want to try today:


