

COPING SKILLS LOG FOR YOUNG ADULTS

SITUATION



- Overwhelmed by a deadline



1 — 10
2 — 9
3 — 8
4 — 7
5 — 6
1 — 10



FEELING BEFORE Rating

Anxious, 8/10



Slow Breathing

☐ Five minutes of slow



Guided Meditation

☐ breathing



Light Stretch

☐

SKILL USED



1 — 10
2 — 9
3 — 7
4 — 6
5 — 5
3 — 8
2 — 9
1 — 10



FEELING AFTER Rating

Anxious, 6/10

WHAT CHANGED

Felt less physically tense

NEXT STEP

Made a short task list

