

Teen Coping Skills

Try this exercise: 



1. Name the Stress

What's stressing me out?

Where do I feel it in my body?
(Heart, head, stomach)

2. Catch the Thought

What am I telling myself about this situation? 

3. Check the Impulse

 What do I want to do right now?

Would that response help me later?

☐ Yes

☐ No

☐ Not sure



4. Make a Healthy Choice



One coping skill I can try instead: _____

Someone I can talk to: _____

One thing I can control: _____

