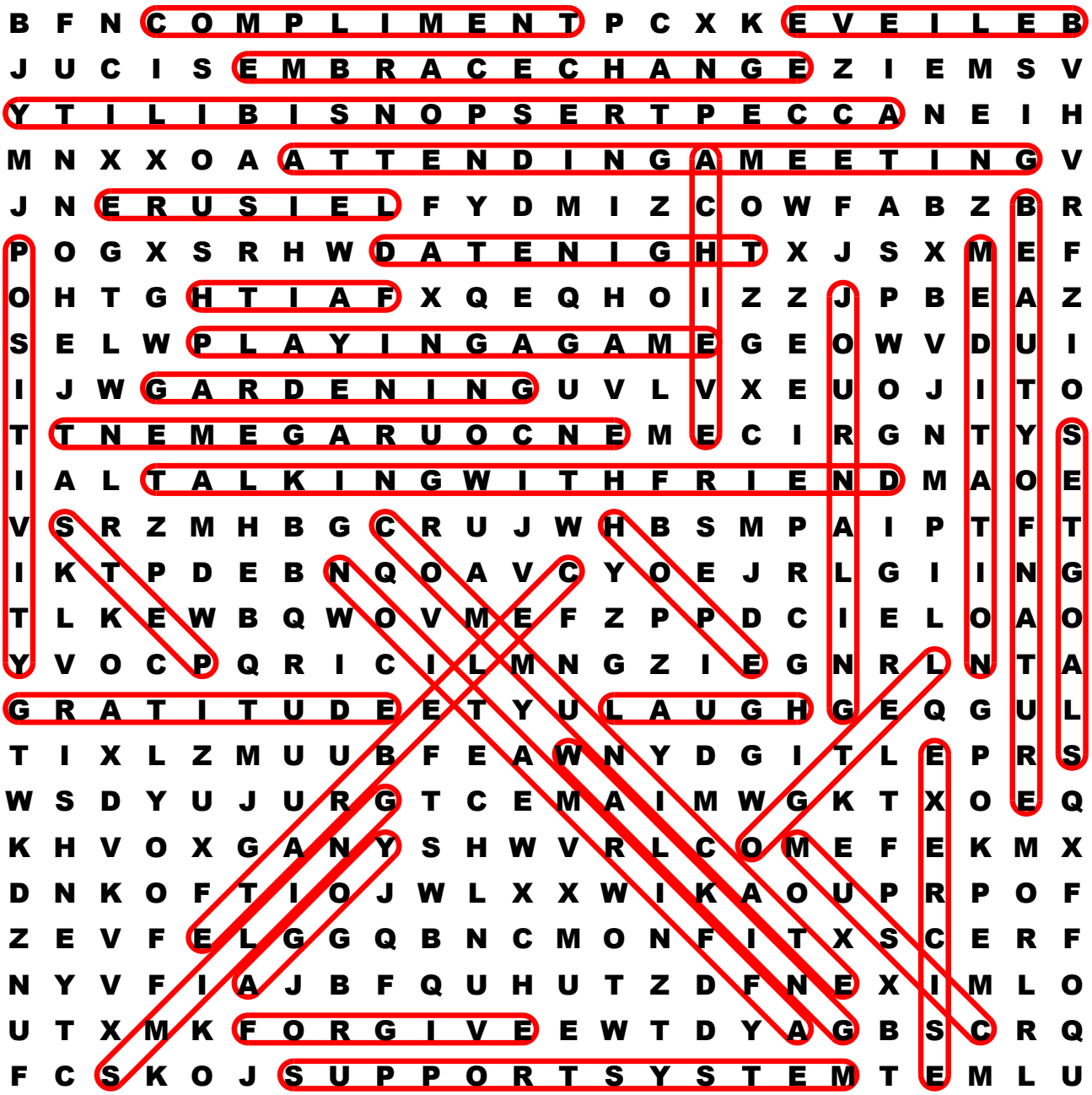
Name: _____ Date: _____

coping skills



accept responsibility
support system
affirmation
compliment
gratitude
exercise
smiling
laugh
pets
attending a meeting
embrace change
communicate
date night
set goals
achieve
walking
music
talking with friend
playing a game
journaling
positivity
gardening
believe
let go
hope
beauty of nature
encouragement
meditation
celebrate
leisure
forgive
faith
yoga