

Name: _____

Date: _____

The Coping Strategies Challenge

Coping strategies (or coping skills) are the activities we do to help us handle strong emotions, like feeling angry, frustrated, sad, or worried. Everyone goes through those emotions from time to time! It's completely normal. You might feel angry or frustrated when something doesn't go your way. You could feel sad when you miss a friend or family member. You might even feel worried when you have a big game or activity coming up. In order to manage those feelings, we use coping strategies.

You probably use many coping strategies already, whether you know it or not! Examples of healthy coping strategies might be listening to music, taking a quick walk, thinking positive thoughts, deep breathing, or coloring. These are activities that can help you bring your emotions back to a calmer and happier state.

It's extremely important to note that every person has their own coping strategies that work best for them. One person might need to take a walk or move when they are feeling frustrated, while someone else does better when they are reading or coloring. We're all unique individuals, so it makes sense we have different strategies that work for each of us.

Another important point is that you have to practice new strategies when you are calm in order to use them effectively when you're upset. Again, it's all about finding what works best for YOU and practicing it until it's second nature. That way, when you are feeling angry, worried, sad, or any other strong emotion, you'll be able to use your coping strategies and get yourself back on track.

This brings us to our Coping Strategies Challenge! For 30 days, we're going to be practicing a new strategy every single day. This will help us learn new coping strategies. Remember to be open-minded about trying new strategies. Not every strategy will work well for you, and that's okay! What's important is that you give it a try and notice how it makes you feel. You might be surprised at the strategies you end up loving the most!

Each day you will:

- Try a new coping strategy! Some activities might need more time than others.
- Respond and reflect about that coping strategy.
- Check off your coping strategy on your calendar.



Coping Strategies List

Name: _____

- | | | | |
|---|--|--|--|
| <input type="checkbox"/> Take deep breaths | <input type="checkbox"/> Hum your favorite song | <input type="checkbox"/> Write a positive note | <input type="checkbox"/> Plan a fun trip |
| <input type="checkbox"/> Do a positive activity | <input type="checkbox"/> Doodle on paper | <input type="checkbox"/> Chew gum | <input type="checkbox"/> Use an I-statement |
| <input type="checkbox"/> Play sports | <input type="checkbox"/> Draw a picture | <input type="checkbox"/> Paint your nails | <input type="checkbox"/> Identify your emotions |
| <input type="checkbox"/> Think of something funny | <input type="checkbox"/> Color a coloring page | <input type="checkbox"/> Write a story | <input type="checkbox"/> Express your feelings to someone |
| <input type="checkbox"/> Take a quick walk | <input type="checkbox"/> Clean something | <input type="checkbox"/> Blog | |
| <input type="checkbox"/> Practice yoga | <input type="checkbox"/> Meditate | <input type="checkbox"/> Read a joke book | <input type="checkbox"/> Write down your thoughts |
| <input type="checkbox"/> Stand up and stretch | <input type="checkbox"/> Use a stress ball | <input type="checkbox"/> Write a poem | <input type="checkbox"/> Identify a positive thought |
| <input type="checkbox"/> Listen to music | <input type="checkbox"/> Dance | <input type="checkbox"/> Drink cold water | <input type="checkbox"/> Make your day's schedule |
| <input type="checkbox"/> Take a time out | <input type="checkbox"/> Write a letter | <input type="checkbox"/> Draw cartoons | <input type="checkbox"/> List 10 positives about you |
| <input type="checkbox"/> Slowly count to ten | <input type="checkbox"/> Look at pictures you've taken | <input type="checkbox"/> Read a magazine | <input type="checkbox"/> Ask yourself, "What do I need right now?" |
| <input type="checkbox"/> Use positive self-talk | <input type="checkbox"/> Make a gratitude list | <input type="checkbox"/> Write a thank you note | <input type="checkbox"/> Tell someone you are thankful for them |
| <input type="checkbox"/> Say something kind to yourself | <input type="checkbox"/> List your positive qualities | <input type="checkbox"/> Count to 100 | <input type="checkbox"/> Pet an animal |
| <input type="checkbox"/> Talk to a friend | <input type="checkbox"/> Do something kind | <input type="checkbox"/> Make a list for the future | <input type="checkbox"/> Make a list of choices |
| <input type="checkbox"/> Talk to an adult | <input type="checkbox"/> Give someone a hug | <input type="checkbox"/> Read inspirational quotes | <input type="checkbox"/> Ask an adult for help |
| <input type="checkbox"/> Close your eyes and relax | <input type="checkbox"/> Put a puzzle together | <input type="checkbox"/> Compliment yourself | <input type="checkbox"/> Organize something |
| <input type="checkbox"/> Say, "I can do this" | <input type="checkbox"/> Do something you love | <input type="checkbox"/> Visualize a stop sign | <input type="checkbox"/> Play a card game |
| <input type="checkbox"/> Visualize your favorite place | <input type="checkbox"/> Build something | <input type="checkbox"/> Laugh | <input type="checkbox"/> Listen to nature sounds |
| <input type="checkbox"/> Think of something happy | <input type="checkbox"/> Play with clay | <input type="checkbox"/> Smile in the mirror | <input type="checkbox"/> Sit and relax all your muscles |
| <input type="checkbox"/> Think of a pet you love | <input type="checkbox"/> Hug a stuffed animal | <input type="checkbox"/> Smile at others | <input type="checkbox"/> Ask for a break |
| <input type="checkbox"/> Think about someone you love | <input type="checkbox"/> Rip paper into pieces | <input type="checkbox"/> Do schoolwork | <input type="checkbox"/> Can you think of more? |
| <input type="checkbox"/> Get enough sleep | <input type="checkbox"/> Play an instrument | <input type="checkbox"/> Look at animal pictures | |
| <input type="checkbox"/> Eat a healthy snack | <input type="checkbox"/> Watch a good movie | <input type="checkbox"/> Hyperfocus on an object | |
| <input type="checkbox"/> Read a good book | <input type="checkbox"/> Take pictures | <input type="checkbox"/> Notice 5 things you can see | |
| <input type="checkbox"/> Set a goal | <input type="checkbox"/> Garden | <input type="checkbox"/> Paint with water colors | |
| <input type="checkbox"/> Jog in place | <input type="checkbox"/> Write a list | <input type="checkbox"/> Use a relaxation app | |
| <input type="checkbox"/> Write in a journal | <input type="checkbox"/> Keep a positive attitude | <input type="checkbox"/> Watch a funny video | |
| | <input type="checkbox"/> Schedule time for yourself | <input type="checkbox"/> Drink some tea | |
| | <input type="checkbox"/> Blow bubbles | <input type="checkbox"/> Cook or bake | |

Coping Strategies Challenge

Name: _____

Day 1 Strategy: _____ Rating: 1 2 3 4 5	Day 2 Strategy: _____ Rating: 1 2 3 4 5	Day 3 Strategy: _____ Rating: 1 2 3 4 5	Day 4 Strategy: _____ Rating: 1 2 3 4 5	Day 5 Strategy: _____ Rating: 1 2 3 4 5
Day 6 Strategy: _____ Rating: 1 2 3 4 5	Day 7 Strategy: _____ Rating: 1 2 3 4 5	Day 8 Strategy: _____ Rating: 1 2 3 4 5	Day 9 Strategy: _____ Rating: 1 2 3 4 5	Day 10 Strategy: _____ Rating: 1 2 3 4 5
Day 11 Strategy: _____ Rating: 1 2 3 4 5	Day 12 Strategy: _____ Rating: 1 2 3 4 5	Day 13 Strategy: _____ Rating: 1 2 3 4 5	Day 14 Strategy: _____ Rating: 1 2 3 4 5	Day 15 Strategy: _____ Rating: 1 2 3 4 5
Day 16 Strategy: _____ Rating: 1 2 3 4 5	Day 17 Strategy: _____ Rating: 1 2 3 4 5	Day 18 Strategy: _____ Rating: 1 2 3 4 5	Day 19 Strategy: _____ Rating: 1 2 3 4 5	Day 20 Strategy: _____ Rating: 1 2 3 4 5
Day 21 Strategy: _____ Rating: 1 2 3 4 5	Day 22 Strategy: _____ Rating: 1 2 3 4 5	Day 23 Strategy: _____ Rating: 1 2 3 4 5	Day 24 Strategy: _____ Rating: 1 2 3 4 5	Day 25 Strategy: _____ Rating: 1 2 3 4 5
Day 26 Strategy: _____ Rating: 1 2 3 4 5	Day 27 Strategy: _____ Rating: 1 2 3 4 5	Day 28 Strategy: _____ Rating: 1 2 3 4 5	Day 29 Strategy: _____ Rating: 1 2 3 4 5	Day 30 Strategy: _____ Rating: 1 2 3 4 5