

COPING SKILLS



A **coping skill** is the way that you choose to respond to your feelings of stress, anger, anxiety, and other emotions. There are two types of coping skills – **healthy** and **unhealthy**.

Healthy

A healthy coping skill is a way of coping that helps you feel better and doesn't harm you or other people physically or emotionally. A healthy coping skill is one that doesn't lead to negative consequences.

Examples

- Using positive self-talk
- Deep breathing
- Reading a book
- Going for a walk
- Volunteering
- Exercising
- Talking to a friend
- Playing a sport or game
- Hanging out with friends
- Listening to music
- Doing yoga or meditating
- Drawing or painting
- Sharing your feelings
- Taking time by yourself
- Talking to a trusted adult
- Taking a hot bath/shower
- Resolving the problem
- Being in nature

Unhealthy

An unhealthy coping skill might help you feel better in the moment, but it usually leads to consequences and can be harmful to yourself and others. A pattern of using unhealthy coping skills usually leads to poor relationships with others.

Examples

- Name-calling or insulting
- Being violent towards others
- Spreading rumors
- Yelling and screaming
- Hurting yourself
- Threatening
- Reckless behaviors
- Using drugs or alcohol
- Shutting down
- Emotional eating
- Blaming others
- Avoiding the problem
- Being passive-aggressive
- Getting revenge
- Destroying property
- Pretending not to care
- Oversleeping
- Negative social media posts

