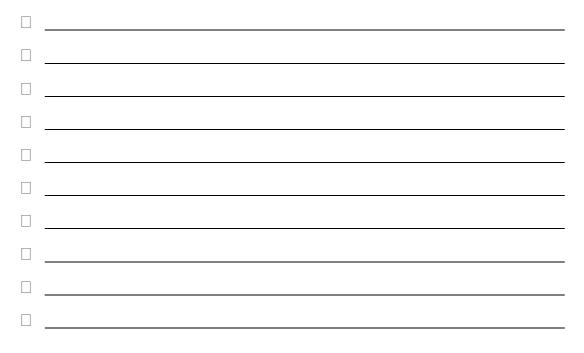
Unhealthy Coping Mechanisms

The following is a list of common coping mechanisms. Check off the ones you tend to use and add ones of your own:

- \Box Avoiding issues
- \Box Sleeping too much
- \Box Excessive drug or alcohol use
- \Box Impulsive spending
- \Box Over or under eating
- □ Isolating
- □ Overcontrol
- $\hfill\square$ Complaining to others
- □ Avoiding challenging activities
- □ Relying on self-medication or addictions to cope with difficult emotions.



Visit Ineffable Living shop for more worksheets <u>click here</u>, or go to: <u>https://payhip.com/ineffableliving</u>

Explore your coping mechanism and its effects by answering the following questions:

Coping mechanism	
In what situation did you use this coping mechanism?	
What survival benefit does this coping mechanism have?	
What needs are not being met behind this coping mechanism?	
What bodily sensations did you feel with this coping mechanism?	
What emotions did you feel with this coping mechanism?	
What thoughts did you experience with this coping mechanism?	
What happened because of this coping mechanism? (feelings, thoughts, and consequences)	
What could a healthier way of coping be? (use the coping skills list at the end of these worksheets)	

Use this tracking sheet to track coping skills you tried and your response:

Initial	Coping activity	Mood	Reflection/
mood		afterwards	Thoughts

Visit **Ineffable Living shop** for more worksheets <u>click here</u>, or go to: <u>https://payhip.com/ineffableliving</u>

Coping Skills List

- \Box Allow yourself to cry
- □ Find things that make you laugh
- Give yourself affirmations, praise yourself
- Identify comforting activities, objects, people, relationships, and places and seek them out
- Light scented candles, oils or incense
- \Box Listen to the radio
- $\hfill\square$ Look at pictures of loved ones
- \Box Make a playlist of upbeat songs
- \Box Seek out peer support
- Try some adult coloring as a form of anxiety and/or stress release
- Try some mindful exercises to help bring you into the present moment
- \Box Watch a funny movie
- \Box Do arts and crafts
- □ Do jigsaw puzzles
- Hobbies (stamp collect, model build, etc.)
- \Box Listen to a podcast
- □ Play musical instruments

- \Box Sketch, paint
- \Box Soak in the bathtub
- □ Take photographs
- \Box Watch TV, videos
- Write (e.g. poems, articles, blog, books)
- □ Write in your journal
- □ Cook your favorite dish or meal
- \Box Do some stretching exercises
- Do yoga, tai chi, or Pilates, or take classes to learn
- □ Exercise
- □ Get a massage
- □ Go borrow a friend's dog and take it to the park
- \Box Go dancing
- \Box Go for a bike ride
- \Box Go for a drive in your car
- \Box Go for a swim
- □ Go out and spend 10 minutes under the sun
- \Box Go out for something to eat
- \Box Go shopping
- \Box Go to a spa
- \Box Have a warm drink
- □ Jump on a trampoline

- □ Lift weights
- \Box Sleep or take a nap
- \Box Take a walk
- \Box Do the dishes
- \Box Mow the lawn
- \Box Organize your work space
- \Box Organize your wardrobe
- $\hfill\square$ Repair things around the house
- \Box Wash your car
- \Box Walk barefoot on soft grass
- □ Call a trusted friend or family member
- \Box Give your pet a bath
- □ Join a support group
- \Box Take children places
- Bake something to share with others (e.g. family, neighbors, friends, work colleagues)
- □ Do 5 minutes of calm deep breath
- Do something nice for someone in secret
- \Box Donate blood
- Donate money to a charity of your choosing
- □ Give positive feedback about something

- Go to your church, mosque, synagogue, temple, or other place of worship
- □ Prayer
- □ Read inspirational literature
- □ Volunteer at an animal shelter