

# Healthy and Unhealthy Coping Worksheet

1. List your current coping strategies when faced with stress or difficult situations.

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2. Sort the strategies you listed into healthy and unhealthy categories.

Healthy Coping Strategies	Unhealthy Coping Strategies

3. Reflect on how your unhealthy coping strategies affect you.

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4. Reflect on how your healthy coping strategies benefit you.

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5. Identify and list new healthy coping strategies you can incorporate into your life. The following are some suggestions. Check off the ones that may be helpful or add more to the list:

- Exercise Regularly:** Engage in physical activities like walking, running, swimming, or yoga.
- Practice Deep Breathing:** Use deep breathing exercises to calm your mind and body.
- Mindfulness Meditation:** Practice mindfulness meditation to stay present and reduce stress.
- Journaling:** Write about your thoughts and feelings to process emotions and gain clarity.
- Creative Expression:** Engage in creative activities like painting, drawing, writing, or playing music.
- Social Support:** Reach out to friends, family, or support groups for connection and encouragement.
- Time Management:** Use time management techniques to prioritize tasks and reduce overwhelm.
- Hobbies:** Engage in hobbies and activities you enjoy to relax and have fun.
- Positive Self-Talk:** Use positive affirmations and self-talk to build self-esteem and resilience.

- Laughter:** Watch a funny movie, read a humorous book, or spend time with friends who make you laugh.
- Self-Care:** Prioritize self-care activities like taking a bath, reading, or pampering yourself.
- Visualization:** Use visualization techniques to imagine a peaceful and calming place.
- Pet Therapy:** Spend time with pets or animals to boost your mood.
- Reading:** Read books, articles, or magazines that interest you.
- Cooking:** Cook healthy meals to nourish your body and enjoy the process.
- Cleaning or Organizing:** Clean or organize your space to create a sense of order and control.
- Healthy Distractions:** Engage in activities that divert your mind from stress, like puzzles or games.
- Spend Time with Loved Ones:** Spend time with family and friends who support and uplift you.
- Seek Support Groups:** Join support groups for shared experiences and mutual support.
- Take Breaks:** Take regular breaks during work or stressful activities to recharge.
- Spiritual Practices:** Engage in spiritual practices that bring you peace and comfort.
- Stress Ball:** Use a stress ball to release physical tension.

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Choose three new healthy coping strategies and create a plan to implement them.