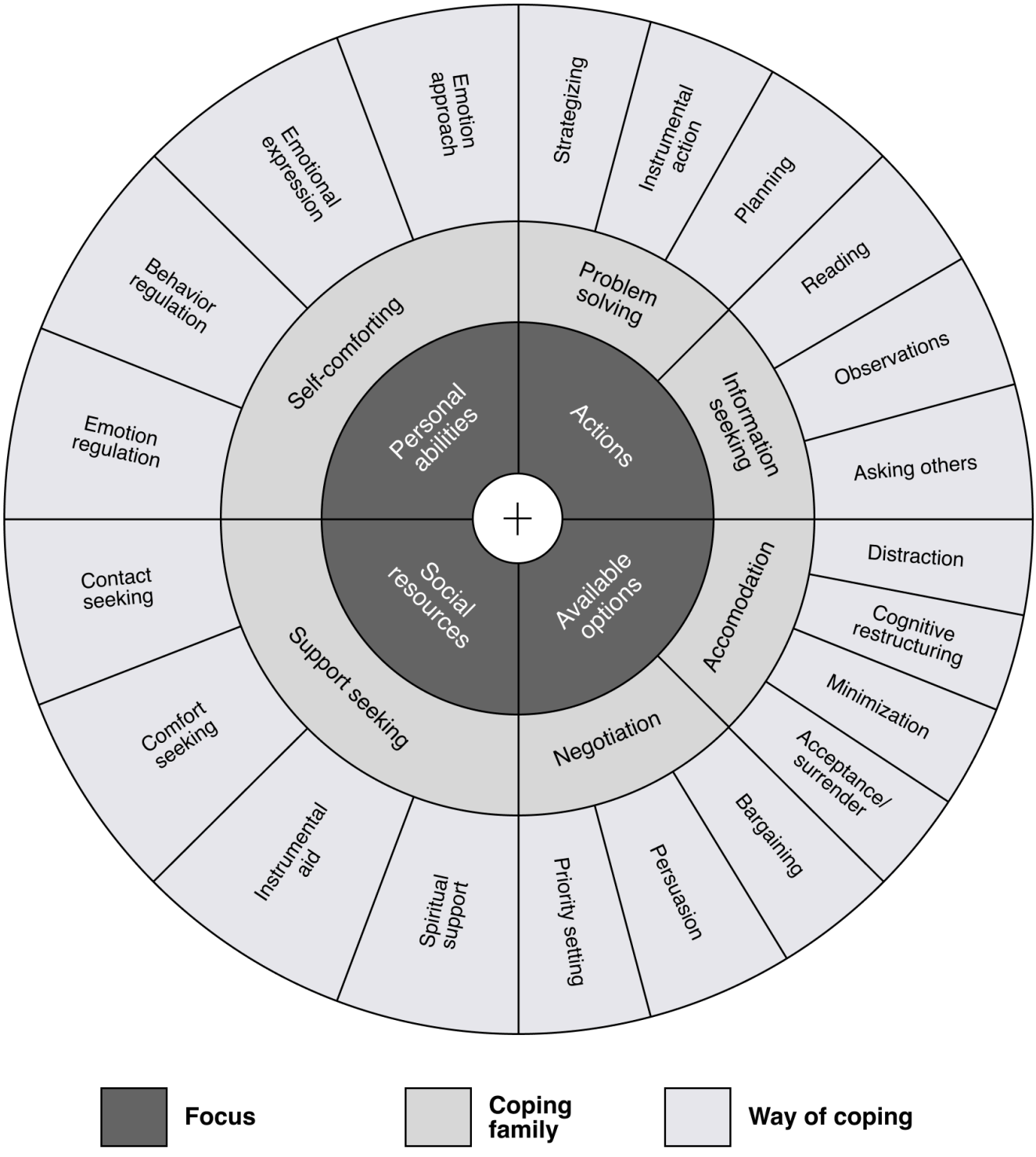
Coping Wheel

A coping wheel is a visual tool designed to help individuals, particularly children, identify and utilize various coping strategies to manage emotions and stress. It typically consists of a circular design divided into sections, each representing a different coping technique.



The techniques and strategies in the coping wheel are grouped into the following:

- **Focus:** Each coping strategy has a particular focus, which could be actions, personal abilities, social resources, and available options.
- **Coping family:** This refers to a group of strategies with the same action tendency. Examples of these are problem-solving and information-seeking under the action focus and support-seeking under the focus on social resources.
- **Way of coping:** This describes how the coping strategy is implemented. For instance, under the focus on personal abilities and within the coping family of self-comforting, the various ways of coping include emotion regulation, behavior regulation, emotional expression, and emotion approach.

Adapted from

Skinner, E. A., & Zimmer-Gembeck, M. J. (2007). The development of coping. *Annual Review of Psychology, 58*, 119–144. https://doi.org/10.1146/annurev.psych.58.110405.085705

Sutton, J. (2020, May 29). *The art of coping: Strategies and skills to help your clients cope*. Positive Psychology. https://positivepsychology.com/coping-strategies-skills/