

List of Coping Skills for Addiction

Name:		Age:		Date:	
Gender:	Male	Female	Other:		
Medical History:					

Coping Skill	Description / Instructions	Completed	Remarks
Deep Breathing	Practice deep breathing exercises to reduce stress and promote relaxation.		
Mindfulness Meditation	Engage in mindfulness meditation to increase awareness of thoughts and emotions without judgment.		
Exercise	Incorporate regular exercise into your routine to boost mood, reduce cravings, and improve overall well-being.		
Journaling	Keep a journal to express thoughts and emotions, track progress, and identify triggers and patterns.		
Healthy Eating	Maintain a balanced diet rich in fruits, vegetables, lean proteins, and whole grains to nourish your body and mind.		
Sleep Hygiene	Establish a regular sleep schedule, create a calming bedtime routine, and create a comfortable sleep environment.		
Social Support	Surround yourself with supportive friends and family members who understand your journey and can provide encouragement and guidance.		
Hobbies and Interests	Engage in hobbies and interests that bring you joy and fulfillment, distracting yourself from cravings and triggers.		

Coping Skill	Description / Instructions	Completed	Remarks
Relaxation Techniques	Practice relaxation techniques such as progressive muscle relaxation, visualization, or listening to calming music to reduce stress.		
Positive Self-Talk	Challenge negative thoughts and replace them with positive affirmations to improve self-esteem and resilience.		
Seeking Professional Help	Don't hesitate to reach out to a therapist, counselor, or healthcare professional for additional support and guidance in your recovery journey.		
Attend Support Group Meetings	Participate in support group meetings for peer support and accountability.		
Establish Boundaries	Set clear boundaries with yourself and others to protect your sobriety and well-being.		
Practice Assertiveness	Learn to assertively communicate your needs and desires while respecting the rights and boundaries of others.		
Stress Management Techniques	Develop healthy stress management techniques such as time management, prioritization, and problem-solving skills.		
Self-Care	Prioritize self-care activities that promote relaxation, rejuvenation, and overall well-being, such as taking a bath, reading a book, or going for a walk.		

Note