

# List of Coping Skills

<b>Patient Information:</b>	
Name:	
Date of Birth:	
Address:	
Phone Number:	
Emergency Contact:	
<b>Health Information:</b>	
Primary Care Physician:	
Diagnoses/Conditions:	
Medications:	
Allergies:	

This is designed to assist you in identifying and implementing coping skills to manage stress, anxiety, and other challenging emotions. It serves as a personalized guide to enhance your mental well-being.

<b>What I've Been Coping With:</b>
<b>Unhealthy Coping Strategies:</b>
<b>Selecting Coping Skills:</b>
<ol style="list-style-type: none"><li>1. Review the coping skills provided in the table below.</li><li>2. Mark the coping skills you intend to use to address the challenges you're facing. Consider choosing a variety of coping skills for different situations.</li></ol>

## Table of Coping Skills

Category	Coping Skill	Description/Instructions	Selected
<b>Mindfulness Practices</b>	Deep Breathing	Inhale deeply, hold briefly and exhale slowly. Repeat as needed.	<input type="checkbox"/>
	Meditation	Engage in guided or self-directed meditation sessions.	<input type="checkbox"/>
	Grounding Techniques	Focus on your senses to reconnect with the present moment.	<input type="checkbox"/>
<b>Physical Activities</b>	Exercise	Engage in regular physical activity to boost mood and energy.	<input type="checkbox"/>
	Yoga or Stretching	Practice gentle yoga or stretching to relax your body.	<input type="checkbox"/>
	Progressive Muscle Relaxation	Systematically tense and release muscle groups for relaxation.	<input type="checkbox"/>
<b>Social Connections</b>	Reach out to a Friend or Family Member	Share your feelings or simply connect with a loved one.	<input type="checkbox"/>
	Join a Support Group	Attend groups related to your interests or challenges.	<input type="checkbox"/>
	Practice Active Listening	Engage in focused listening during conversations.	<input type="checkbox"/>
<b>Cognitive Strategies</b>	Positive Affirmations	Repeat positive statements to challenge negative thoughts.	<input type="checkbox"/>
	Cognitive Restructuring	Identify and reframe negative thought patterns.	<input type="checkbox"/>
	Journaling	Write down your thoughts and emotions to gain clarity.	<input type="checkbox"/>
<b>Relaxation Techniques</b>	Aromatherapy	Use scents like lavender or chamomile for relaxation.	<input type="checkbox"/>
	Hot Bath or Shower	Enjoy a warm bath or shower to relax tense muscles.	<input type="checkbox"/>

	Visualization	Picture a calming scene or scenario in your mind.	<input type="checkbox"/>
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**Reflection Questions:**

*Consider the following questions to deepen your understanding of your coping strategies and challenges.*

**1. What emotions arise when you think about the challenges you've been facing?**

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**2. How have your previous coping strategies influenced your well-being?**

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**3. What positive changes do you hope to see by implementing new coping skills?**

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**4. How will you integrate these coping skills into your daily routine?**

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**Additional Notes:**

Use the space below to jot down any additional thoughts, insights, or observations related to your coping journey.

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