

List of Coping Skills

Patient Information:	
Name:	
Date of Birth:	
Address:	
Phone Number:	
Emergency Contact:	
Health Information:	
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.

What I've Been Coping With:
Unhealthy Coping Strategies:
Selecting Coping Skills:
<ol style="list-style-type: none">1. Review the coping skills provided in the table below.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.

Table of Coping Skills

Category	Coping Skill	Description/Instructions	Selected
Mindfulness Practices	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"/>
Physical Activities	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"/>
Social Connections	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"/>
Cognitive Strategies	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"/>
Relaxation Techniques	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?

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

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

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

Additional Notes:

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