

Coping skills can
always be improved

COPING SKILLS

PHYSIOLOGICAL

- I go for a jog and enjoy the outdoors
- I do my favourite sport
- I relax
- I eat well
- I sleep enough

SPIRITUAL

- I seek sanctuary and hope from religion, ideas and values
- I ponder the meaning of life
- I pray, contemplate and quiet down

INTELLECTUAL

- I find out additional information about issues
- I make plans
- I write things down
- I solve problems
- I make lists

CREATIVE

- I use my imagination
- I think positive
- I listen to myself
- I explore new ways to act

EMOTIONAL

- I laugh, cry, rejoice
- I talk about my feelings
- I express myself and my emotions: I dance, play an instrument, draw, paint, tinker, cook

SOCIAL

- I spend time with friends
- I attend group hobbies
- I accept/receive support and I also support others
- I share experiences with others

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