

Try using each of these coping skills to manage stress. Write down your results.



- Increased awareness of tension in body.
- Increased awareness of thoughts, caught a negative one
- Talked with a trusted friend or relative.
- Got together with a friend or relative for fun.
- Did 15 minutes or more of gentle, relaxing movement.
- Walked for 15 minutes or more.
- Switched my thinking from a negative to a positive.
- Thought of something or someone I am grateful for.
- Caught a negative comment about self & changed to a positive.
- Deep breathing for at least 5 minutes.
- Did something relaxing - Read, Bath, Hot tub, Meditate, Yoga.

