

COPING STRATEGIES

ACROSS DIFFERENT AREAS

Coping strategies can look different in different areas of your life.
Use the spaces below to brainstorm ideas for each area. You don't need to fill in every box.

 SOCIAL e.g. spend time with others, talk to a friend	 MENTAL e.g. read, do a puzzle, learn something	 PHYSICAL e.g. exercise, stretch, rest, move your body
 EMOTIONAL e.g. journal, listen to music, let yourself feel, cry	 SPIRITUAL e.g. pray, meditate, spend time in nature, reflect	 PRACTICAL e.g. organise, plan, tidy, handle a small task