My Coping Skills Menu

A coping skill is anything you do on purpose to get through a hard moment, feeling or situation.

Name: _____ **Date:** _____

Calm the body

Best when the feeling is big (7 to 10)

- ○ Breathe out longer than in
- ○ Hard exercise for 3 minutes
- ○ Tense and release muscles
- ○ Hot shower
- ○ Cold water on my face
- ○ Walk outside
- ○ Stretch or yoga
- ○ 5 4 3 2 1 grounding

Shift the mind

Best when I can think clearly

- ○ Name the feeling
- ○ Find a more balanced thought
- ○ Can I control this?
- ○ Remember a past win
- ○ Will this matter in a year?
- ○ What would I tell a friend?
- ○ Kind self talk
- ○ Planned distraction (timer)

Connect with people

Nobody copes alone all the time

- ○ Text or call a friend
- ○ Time with a pet
- ○ Do something kind
- ○ Join a team or club
- ○ Talk to a trusted adult
- ○ Sit near people
- ○ Ask someone to just listen
- ○ Use a help script

Solve or plan

Best when the problem can change

- ○ Write the problem in 1 line
- ○ Do 1 small step today
- ○ Talk to the teacher
- ○ Set a boundary
- ○ Brainstorm 3 solutions
- ○ 25 minute work block
- ○ Practice what I will say
- ○ Plan B if it fails

Comfort and create

Small things that refill me

- ○ Music playlist
- ○ Journal or notes app
- ○ Cook or bake
- ○ Comfort show (with limit)
- ○ Draw or doodle
- ○ Read for fun
- ○ Play an instrument
- ○ Get outside, look up

Circle what I already do. Star what I will try. Cross out what is not for me.

My own coping skills: _____

Escape coping swap

Avoiding, numbing or bottling up helps fast but costs a lot later.

Something I do to escape stress: _____

What it does for me: _____

What it costs me: _____

A swap that does the same job: _____

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My Coping Plan

Plan ahead for one hard moment that keeps coming back, so you are not deciding in the middle of it.

Name: _____ Date: _____

1. The hard moment

It usually happens when: _____

Warning signs in my body: _____

Warning signs in my thoughts: _____

What I usually do (honestly): _____

2. How big is the feeling? Circle a number.

0	1	2	3	4	5	6	7	8	9	10

small: any skill — medium: think, solve, talk — big: body skills first

3. Can I change this situation?

◯ **Yes, at least partly**

Calm down enough to think, then use a Solve or plan skill.

_____

◯ **No, not right now**

Adapt: accept, reframe, comfort, planned distraction, and connect.

_____

4. My steps, in order

First I will (body skill): _____

Then I will (mind or solve skill): _____

If it is still hard, I will: _____

A place that helps me feel calmer: _____

5. People I can reach

A friend: _____ An adult at home: _____

An adult at school: _____ A counselor or doctor: _____

Another person I trust, and how to reach them: _____

Something I can say to ask for help: _____

If I feel unsafe or think about hurting myself, I tell an adult right away. In the US: call or text 988 (Suicide and Crisis Lifeline) any time, text HOME to 741741 (Crisis Text Line), or call 911 in an emergency.

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My Coping Skills Tracker

Try a skill, then rate your stress before and after from 0 to 10. Small drops count.

Name: _____ Date: _____

Day	What happened	Before	Skill I used	After	Helped?
Mon		/10		/10	○ yes ○ a bit ○ no
Tue		/10		/10	○ yes ○ a bit ○ no
Wed		/10		/10	○ yes ○ a bit ○ no
Thu		/10		/10	○ yes ○ a bit ○ no
Fri		/10		/10	○ yes ○ a bit ○ no
Sat		/10		/10	○ yes ○ a bit ○ no
Sun		/10		/10	○ yes ○ a bit ○ no

My week in review

The skill that helped most: _____

A skill that did not help (and why): _____

My biggest drop in stress (before to after): _____

One new skill I will try next week: _____

Someone I could share my plan with: _____

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