



MY HEALTHY COPING STRATEGIES



Healthy coping strategies help me manage stress, regulate emotions, and take care of my mind, body, and spirit.



DIRECTIONS: List five healthy coping strategies for each category. Use ideas that work for you and support your well-being.

PHYSICAL



Strategies that help my body feel good and stay healthy.

1. _____
2. _____
3. _____
4. _____
5. _____

MENTAL



Strategies that help my mind stay focused, calm, and positive.

1. _____
2. _____
3. _____
4. _____
5. _____

SOCIAL



Strategies that help me connect with and support others.

1. _____
2. _____
3. _____
4. _____
5. _____

SPIRITUAL



Strategies that help me feel connected to something greater than myself.

1. _____
2. _____
3. _____
4. _____
5. _____

CREATIVE



Strategies that help me express myself and boost my mood.

1. _____
2. _____
3. _____
4. _____
5. _____



REFLECT: Which strategies help me the most when I feel stressed, overwhelmed, or upset?

I can use healthy coping strategies every day to take care of myself.

MY PLAN: Which strategies will I try to use more often this week?

- | | |
|----------|----------|
| 1. _____ | 4. _____ |
| 2. _____ | 4. _____ |
| 3. _____ | 5. _____ |

