



COPING WITH MY FEELINGS



I feel _____

<input type="checkbox"/> Scared	<input type="checkbox"/> Nervous	<input type="checkbox"/> Confused
<input type="checkbox"/> Frustrated	<input type="checkbox"/> Confident	<input type="checkbox"/> Disappointed
<input type="checkbox"/> Sad	<input type="checkbox"/> Angry	<input type="checkbox"/> Excited
<input type="checkbox"/> Worried	<input type="checkbox"/> Embarrassed	<input type="checkbox"/> Calm
<input type="checkbox"/> Bored	<input type="checkbox"/> Happy	<input type="checkbox"/> Other: _____

I felt this way because:

What I did in response was:

These are the coping skills I could have done:

RELAXATION <input type="checkbox"/> Deep belly breaths <input type="checkbox"/> Tense and relax your muscles <input type="checkbox"/> Other: _____	HEALTH HABITS/SELF-CARE <input type="checkbox"/> Get good sleep <input type="checkbox"/> Daily hygiene routine <input type="checkbox"/> Other: _____	GROUNDING <input type="checkbox"/> Practice mindfulness <input type="checkbox"/> Notice things you feel or hear <input type="checkbox"/> Other: _____	SHIFT YOUR MINDSET / THOUGHTS <input type="checkbox"/> Encouraging self-talk <input type="checkbox"/> Practice gratitude <input type="checkbox"/> Other: _____
EMOTIONAL/PHYSICAL RELEASE <input type="checkbox"/> Dance, laugh, run, use a punching bag <input type="checkbox"/> Take a cold shower or squeeze ice <input type="checkbox"/> Other: _____	DEVELOP RESILIENCE <input type="checkbox"/> Practice flexibility, let things go <input type="checkbox"/> Set, and work toward goals <input type="checkbox"/> Other: _____	MINDFUL DISTRACTION <input type="checkbox"/> Remove yourself from the trigger <input type="checkbox"/> Creative outlets, writing, art, music <input type="checkbox"/> Other: _____	ASK FOR HELP OR SUPPORT <input type="checkbox"/> Talk to a supportive adult, friend, or teacher <input type="checkbox"/> Talk to a therapist or counselor <input type="checkbox"/> Other: _____