FREE COPING SKILLS WORKSHEET

My Coping Skills Toolbox

Check the tools that already help you and add your own. Keep this sheet where you can see it.

Calm my body

- [ ] Slow breathing (in 4, out 6)
- [ ] Warm shower or bath
- [ ] Stretch or gentle walk
- [ ] Hold something cold or warm
- [ ] _____

Distract my mind

- [ ] Music or a podcast
- [ ] Puzzle, game or coloring
- [ ] Clean or organize one small space
- [ ] Watch a favorite show
- [ ] _____

Connect with others

- [ ] Call or text someone I trust
- [ ] Spend time with family or a pet
- [ ] Go to a group, church or class
- [ ] Ask for a hug
- [ ] _____

Express my feelings

- [ ] Write in a journal
- [ ] Draw, paint or create
- [ ] Cry if I need to
- [ ] Talk it out
- [ ] _____

Soothe my senses

- [ ] A cup of tea or coffee
- [ ] A candle or a scent I like
- [ ] A soft blanket
- [ ] Look at photos that make me smile
- [ ] _____

Meaning and faith

- [ ] Prayer or meditation
- [ ] Time in nature
- [ ] Read something inspiring
- [ ] Remember what matters to me
- [ ] _____

My own coping skills:

_____

_____

Credit: *Inspired by the distress tolerance and self-soothe skills of Dialectical Behavior Therapy (DBT), developed by Marsha M. Linehan, PhD. Worksheet adapted by Sede Counseling.*

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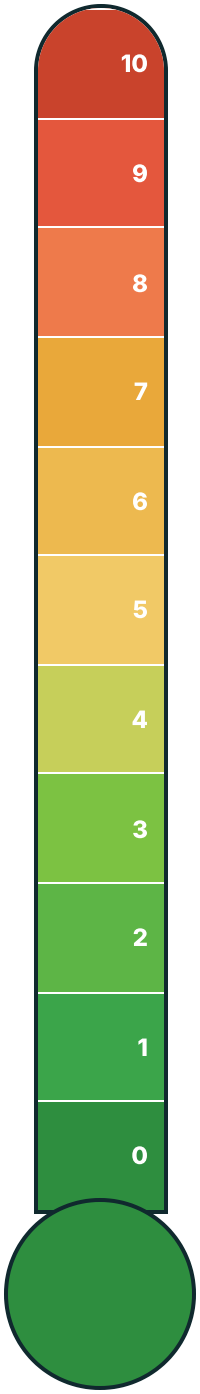
Free tool for education, not a replacement for therapy. In crisis? Call or text **988**.

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FREE COPING SKILLS WORKSHEET

Feelings Thermometer

Notice how strong your feeling is right now, from 0 (calm) to 10 (overwhelmed). Plan what helps at each level.



8–10 · Red zone

My body feels:

What helps me get safe and calm:

4–7 · Yellow zone

My body feels:

What helps me before it grows:

0–3 · Green zone

My body feels:

What keeps me feeling good:

Right now my feeling is ____ / 10. The feeling is: _____

Credit: *Adapted from the Subjective Units of Distress Scale (SUDS), developed by Joseph Wolpe, MD. Worksheet adapted by Sede Counseling.*

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FREE COPING SKILLS WORKSHEET

Thought Check

Our thoughts shape how we feel. Use this sheet to slow down a painful thought and look at it from all sides.

1. What happened?

Where, when, who was there.

2. What went through my mind?

The thought, in my own words.

3. What did I feel? How strong (0–100)?

Sad, angry, worried, ashamed...

4. What supports this thought?

Facts only.

5. What doesn't support it?

What would I tell a friend?

6. A more balanced thought:

Kind and realistic.

7. How strong is the feeling now (0–100)?

Credit: *Adapted from the thought record used in Cognitive Behavioral Therapy (CBT), developed by Aaron T. Beck, MD, and popularized in Mind Over Mood by Dennis Greenberger, PhD, and Christine A. Padesky, PhD. Worksheet adapted by Sede Counseling.*

FREE COPING SKILLS WORKSHEET

Grounding & Breathing

When stress or panic rises, bring yourself back to the present moment. Fill in the 5-4-3-2-1 lines and practice box breathing.

5 things I can see

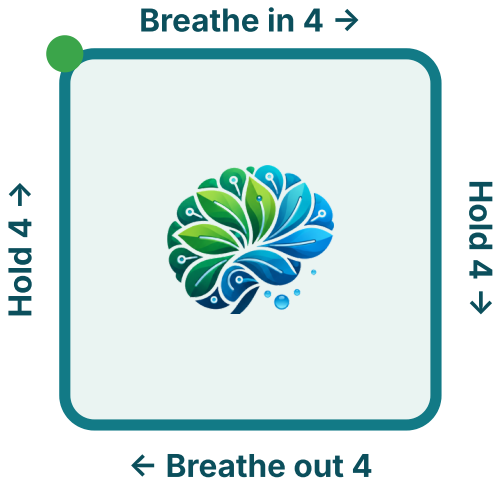
4 things I can touch

3 things I can hear

2 things I can smell

1 thing I can taste

Box breathing



4 × 4 × 4 × 4

How do I feel after practicing? _____

Credit: *5-4-3-2-1 is a widely used grounding technique (original author unknown). Box breathing is a common paced-breathing technique used in stress management. Worksheet adapted by Sede Counseling.*

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FREE COPING SKILLS WORKSHEET

Weekly Mood & Coping Tracker

Each day, rate your mood from 1 (very low) to 5 (very good) and write down the coping skill you used. Look for patterns at the end of the week.

Day	Mood (1–5)	Hours of sleep	Coping skill I used	What helped?
Mon	○1 ○2 ○3 ○4 ○5			
Tue	○1 ○2 ○3 ○4 ○5			
Wed	○1 ○2 ○3 ○4 ○5			
Thu	○1 ○2 ○3 ○4 ○5			
Fri	○1 ○2 ○3 ○4 ○5			
Sat	○1 ○2 ○3 ○4 ○5			
Sun	○1 ○2 ○3 ○4 ○5			

This week I noticed:

Next week I want to try:

Credit: *Based on mood self-monitoring used in Cognitive Behavioral Therapy (Aaron T. Beck, MD) and Behavioral Activation (Peter M. Lewinsohn, PhD; Neil S. Jacobson, PhD). Worksheet adapted by Sede Counseling.*

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FREE COPING SKILLS WORKSHEET

My Self-Care Plan

Self-care is not selfish. Choose one small, realistic step in each area for this week.

Body

Sleep, food, movement, rest

My small step:

Mind

Learning, quiet time, limits on news and screens

My small step:

Emotions

Naming feelings, crying, laughing, journaling

My small step:

Relationships

Family, friends, healthy boundaries

My small step:

Spirit & meaning

Faith, nature, culture, gratitude

My small step:

Fun & joy

Music, dancing, hobbies, play

My small step:

Who can support me this week?

Credit: *Inspired by the Self-Care Wheel by Olga Phoenix and the Six Dimensions of Wellness model by Bill Hettler, MD. Worksheet adapted by Sede Counseling.*