



HEALTHY COPING STRATEGIES

BUILDING MY COPING TOOLKIT



Why Asking for Help Matters:



- The goal is to help you find positive ways to handle stress and tough emotions, giving you healthy alternatives to harmful habits. By building a personal coping toolkit, you'll have go-to strategies that boost your well-being and help you stay in control during challenges. It's all about finding what works for you and using those tools to feel more balanced, confident, and ready to face life's ups and downs. 💪🌟

How can I reach out?



1. Identify Triggers

- Think about situations or feelings that often stress you out or make you feel anxious.
- Write down a few examples (e.g., exams, conflicts with friends, feeling lonely).

2. Healthy Coping Strategies

- For each trigger, brainstorm a few positive coping strategies you could use. Here are some examples:
 - Stress: Try deep breathing exercises or take a 5-minute break.
 - Loneliness: Reach out to a friend or family member to chat.
 - Anger: Go for a walk, journal your feelings, or do something creative.

3. Create Your Coping Toolkit

- Choose 3-5 coping strategies that you would like to use regularly and write them down.
- Consider how these strategies could replace any harmful habits you want to change.

What should I expect when I reach out?



- Reflection Questions:
 - Which strategies do you think will help you the most?
 - How do you feel about using these strategies instead of harmful alternatives?



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