

Healthy Coping with Problem Moods- Worksheet

-“Hope is the feeling that the feeling you have isn’t permanent.”

Jean Kerr

“When we are no longer able to change a situation– we are challenged to change ourselves.” Viktor E. Frankl



Coping skills: healthy habits, behaviors, thoughts, resources or tools to assist you in the process of working through negative, uncomfortable or painful emotions.

Place a check in the box of each coping skill you currently practice.
★Star the skills you intend to begin using.

- | | | |
|--|---|---|
| <input type="checkbox"/> Relax with herbal tea | <input type="checkbox"/> Draw, paint, write, create | <input type="checkbox"/> Savor your bath or shower |
| <input type="checkbox"/> Engage in a sport | <input type="checkbox"/> Join a cause, advocate | <input type="checkbox"/> Blog, tweet or post inspirations |
| <input type="checkbox"/> Have a “good” cry | <input type="checkbox"/> Create a budget, pay bills | <input type="checkbox"/> Meditate or pray |
| <input type="checkbox"/> Educate yourself | <input type="checkbox"/> Finish a craft | <input type="checkbox"/> Sing, dance |
| <input type="checkbox"/> Tutor or mentor | <input type="checkbox"/> Volunteer | <input type="checkbox"/> Play |
| <input type="checkbox"/> Read | <input type="checkbox"/> Listen to relaxing music | <input type="checkbox"/> Walk, hike, jog, run |
| <input type="checkbox"/> Clean out a neglected space | <input type="checkbox"/> Help someone | <input type="checkbox"/> Listen to your body |
| <input type="checkbox"/> Do home improvements | <input type="checkbox"/> Rekindle a hobby | <input type="checkbox"/> Practice yoga, Pilates |
| <input type="checkbox"/> Walk the dog | <input type="checkbox"/> Use exercise equipment | <input type="checkbox"/> Speak openly about feelings |
| <input type="checkbox"/> Tend yard or garden | <input type="checkbox"/> Finish a project | <input type="checkbox"/> Attend a support group |
| <input type="checkbox"/> Connect with nature | <input type="checkbox"/> Mani, pedi, skin care | <input type="checkbox"/> Update a journal or diary |
| <input type="checkbox"/> Build something | <input type="checkbox"/> De-clutter, organize | <input type="checkbox"/> Plan a social event |
| <input type="checkbox"/> Recycle trash | <input type="checkbox"/> View inspirational media | <input type="checkbox"/> Contact friends or family |
| <input type="checkbox"/> Donate blood | <input type="checkbox"/> Plant something | <input type="checkbox"/> Visit a library or museum |

Meditation questions:

What motivates you to use the coping strategies you marked in the columns above?

What causes you to slip away from using your best coping skills?

Check all that apply to how you will monitor and maintain your mood management:

- Using phone apps for stress management and calming Accountability to others
- Support network Prioritizing sleep and selfcare Charting or journaling progress
- Schedule daily, weekly and monthly routines.