

## Replace Your Bad Habits with Healthy Coping Skills

*“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 painful emotions.

Place a  check in the box of each coping skill you currently practice. **Circle** the strategies you intend to begin using.

- Relax with herbal tea
- Talk out feelings
- Enjoy a bath or shower
- Write in a journal or diary
- \*Meditate or pray
- Have a “good” cry
- Practice self-compassion
- View inspirational movie
- Inspirational blog, or tweet
- Sing, dance
- Educate yourself
- Read
- Polish your nails
- Take a nap
- Become a role model

- Finish those projects
- Draw, paint or create
- Plan & make healthy meals
- Create a budget, pay bills
- Rekindle a hobby
- Finish a craft
- Clean, de-clutter, organize
- Attend social event
- Volunteer, join something
- Tutor or mentor
- Attend a support group
- Help someone
- Appreciate nature
- Listen to or make music
- Build social connections

- Visit a library or museum
- Play a sport
- Bike, hike, walk, jog, run
- shovel, ski, skate
- Use exercise equipment
- Practice yoga, Pilates
- Swim, float, boat, canoe
- Care for animals
- Do home improvements
- Plan your calendar
- Tend yard or garden
- Make a “to-do” list
- Play a game
- Recycle & donate stuff
- Plant something

### **\*Meditation questions:**

1. What motivates you to use the coping strategies you marked in the columns above?
2. What triggers you to slip away from using your best coping skills?
3. How would you like to maintain your healthy coping skills? (Check all that apply):
  - Support.** Surround yourself with people who have similar goals and successful intention.
  - Prioritize.** Schedule time for the most important goals, including relaxation and fun.
  - Accountability.** Document, record or discuss progress with yourself and with others
  - Routines.** Practice maintaining healthy habits (Check to see if there is an app for that!)
  - Embrace** → your emotions and experiences with self-compassion and curiosity.