

Coping Techniques That Work for Me

A stressful situation that might come up in the next week

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I could handle the situation better by:

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<u>Things to do at the time</u>	<u>General stress management</u>
● Walk away	● Exercise
● Slow breathing	● Talk to others
● Think calm quiet thoughts	● Spend time alone
● Think 'I can handle this'	● Listen to music
● Remember Body language	● Do hobbies
● Use calm tone of voice	
● Use I feel statements	