

# Types of Coping Skills

## IDENTIFICATION WORKSHEET

NoT sure what Type of Coping skill will Help? Try the Recommendations below

### PHYSICAL SKILLS

CONTRACT & RELEASE MUSCLES  
SQUEEZE SOMETHING  
PHYSICAL INTIMACY  
EXERCISE  
USE FIDGET TOYS  
BUILD SOMETHING

### DISTRESS TOLERANCE SKILLS

IMAGERY/VISUALIZATIONS  
PRAYER  
FINDING MEANING/PURPOSE  
GROUNDING TECHNIQUES  
RELAXING ACTIONS  
RADICAL ACCEPTANCE

### DISTRACTION SKILLS

ENGAGE WITH YOUR PET  
SCREEN TIME  
CLEAN  
PLAN SOMETHING FUN  
PARTICIPATE IN YOUR HOBBY  
GARDEN

### MINDFULNESS

OBSERVE (INTERNAL + EXTERNAL)  
BEING PRESENT  
WITHOUT JUDGEMENT  
CURIOUS DISPOSITION  
SEPERATING YOURSELF  
FROM YOUR THOUGHTS  
FUNCTIONAL OPPOSITE ACTION

### SELF SOOTHING SKILLS

DEEP BREATHING  
POSITIVE SELF TALK  
SCAN YOUR BODY  
ENGAGE YOUR 5 SENSES

### PROCESSING SKILLS

CREATE A MIND MAP  
TALK TO TRUSTED PERSON  
CONTROL VS CAN'T  
CONTROL ACTIVITY  
IDENTIFY & UNDERSTAND  
TRIGGERS