

# UNDERSTAND & IDENTIFY VARIOUS COPING SKILLS

Created by a Registered Clinical Counsellor

## 7 TYPES OF COPING SKILLS

Coping skills help us get through difficult times - they can give us an important boost from mental and emotional distress, and sometimes they are simply life-saving. We all use it different ways, here are just some of the many ways.

| Distraction                                                                     | Breathing<br>Mindfulness                                                             | Rational<br>Awareness<br>& Release                                                       | Self Care<br>& Fueling                                                                | Positive<br>Action                                                                                          | Challenging<br>Thoughts &<br>Assumptions                                                                              | Calm<br>Place                                                                                              |
|---------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------|
| Taking your mind off the problem.                                               | Connecting yourself to the moment.                                                   | Identifying & experiencing emotions.                                                     | Understanding and showing love for self.                                              | Using the experience of inspiration.                                                                        | Challenging negative thinking.                                                                                        | Using a place to go through crisis.                                                                        |
| Active<br>Music<br>Golfing<br>Swimming<br>Golfing<br>Reading<br>Movies<br>Music | Meditation<br>Breathing<br>Yoga<br>If better<br>Music<br>Dance<br>Relaxing<br>Breath | Journaling<br>Reflection<br>Talking<br>Swimming<br>Writing<br>Drawing<br>Music<br>Hoping | Massage<br>Self Care<br>Compassion<br>Meditation<br>Cooking<br>Rest<br>Hugs<br>Breath | My Future<br>Meditation<br>Relaxing<br>Take a<br>Break<br>Relaxation<br>Give a hug<br>when feeling<br>stuck | Thinking the<br>ability of<br>contemplation<br>Challenging<br>negative<br>thinking<br>Breath<br>Journal<br>Compassion | Using self<br>care<br>Using self<br>care<br>Using self<br>care<br>Using self<br>care<br>Using self<br>care |
| Use distraction<br>when your<br>mind is stuck<br>and a friend                   | Use breathing<br>when you're<br>feeling stressed<br>& overwhelmed                    | Express<br>emotions that<br>you're feeling<br>in a journal                               | Use when you<br>feel you're<br>being hard on<br>yourself                              | Use when you<br>feel like doing<br>something<br>unhelpful                                                   | Use when<br>negative<br>thoughts are<br>overwhelming                                                                  | Use when<br>you are afraid<br>for your own<br>safety                                                       |

## 7 TYPES OF COPING SKILLS

Use this page to make a list of your own coping skills that you can use when you need it.

|                                          |  |
|------------------------------------------|--|
| Distraction                              |  |
| Breathing<br>Mindfulness                 |  |
| Rational<br>Awareness<br>& Release       |  |
| Self Care<br>& Fueling                   |  |
| Positive<br>Action                       |  |
| Challenging<br>Thoughts &<br>Assumptions |  |
| Calm<br>Place                            |  |

# Coping With Australia

**Kathleen Armour**



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