

Coping Strategies

We all employ different coping strategies when faced with challenges in life. Some work better for some people than others. We might use different coping strategies for coping with different types of challenges.

Tick the coping strategies that you have used, do use or think would be useful to use.

	Yes	No
Talk to others with experience	<input type="checkbox"/>	<input type="checkbox"/>
Talk to a professional	<input type="checkbox"/>	<input type="checkbox"/>
Do something to take your mind off it	<input type="checkbox"/>	<input type="checkbox"/>
Talk to family and friends	<input type="checkbox"/>	<input type="checkbox"/>
Pray	<input type="checkbox"/>	<input type="checkbox"/>
Learn more about the problem/issue	<input type="checkbox"/>	<input type="checkbox"/>
Put things into perspective (things could be worse)	<input type="checkbox"/>	<input type="checkbox"/>
Treat yourself to something special	<input type="checkbox"/>	<input type="checkbox"/>
Put faith in medical professionals	<input type="checkbox"/>	<input type="checkbox"/>
Try to see the positive side	<input type="checkbox"/>	<input type="checkbox"/>
Take time to process what is happening and how you are feeling	<input type="checkbox"/>	<input type="checkbox"/>
Meditate, use breathing techniques or practice mindfulness	<input type="checkbox"/>	<input type="checkbox"/>
Look ahead to a brighter future	<input type="checkbox"/>	<input type="checkbox"/>

Coping Strategies

	Yes	No
Express your feelings creatively (through writing, art or music)	<input type="checkbox"/>	<input type="checkbox"/>
Accept the current situation	<input type="checkbox"/>	<input type="checkbox"/>
Sit with your feelings: recognise them, label them and know they are valid	<input type="checkbox"/>	<input type="checkbox"/>
Use humour and see the funny side	<input type="checkbox"/>	<input type="checkbox"/>
Do something physically active	<input type="checkbox"/>	<input type="checkbox"/>
Focus on things you're grateful for	<input type="checkbox"/>	<input type="checkbox"/>
Plan something to look forward to	<input type="checkbox"/>	<input type="checkbox"/>
Focus on what's in your control and do what you can	<input type="checkbox"/>	<input type="checkbox"/>
Immerse yourself in a hobby	<input type="checkbox"/>	<input type="checkbox"/>
Consider how you can help others	<input type="checkbox"/>	<input type="checkbox"/>

Can you think of any other coping strategies you or others use when facing challenges or tough situations?
