**My Coping Skills Plan**

**Do I know what is causing me stress? Can I identify what it is? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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**Things that help me feel better when I am feeling unhealthy levels of stress (circle any that apply)**

|  |  |  |
| --- | --- | --- |
| **Listen to music** | **Taking deep breaths** | **Exercise** |
| **Journal** | **Learn new dance moves** | **Take a nap** |
| **Talk to someone who loves me** | **Play a game** | **Take a walk/run** |
| **Sing a song** | **Tell a funny Joke** | **Draw** |
| **Do crafts** | **Think about things I'm grateful for** | **Watch a funny movie** |
| **Do something nice for someone** | **ride a bike** | **read** |

**Which one (or more) did I try? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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**Did it work? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Do I want to use that one again, or try something else? \_\_\_\_\_**

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