

# Healthy coping skills cheat sheet



Coping mechanisms are actions we take to deal with stress. Unhealthy strategies may feel good in the moment but are harmful long-term. Check off a positive coping skill that you use when you're stressed or write in your own.

<input type="checkbox"/> <b>deep breathing</b>	<input type="checkbox"/> <b>calling a friend</b>
<input type="checkbox"/> <b>taking a walk</b>	<input type="checkbox"/> <b>art project</b>
<input type="checkbox"/> <b>mindfulness meditation</b>	<input type="checkbox"/> <b>stretching</b>
<input type="checkbox"/> <b>progressive muscle relaxation</b>	<input type="checkbox"/> <b>journaling</b>
<input type="checkbox"/> <b>guided imagery</b>	<input type="checkbox"/>