



# Coping Strategies

## Evaluating Your Coping Strategies

Coping strategies are behaviors that we use to cope with our reactions to life's events.

How do you currently cope with emotions? Please make a list below.

Take a moment to reflect on what you wrote above. If you discover any that are harmful or destructive for you, then take some time to brainstorm on some constructive things you can do instead.

E.g. Harmful Coping Strategy: I eat (absentmindedly) when I'm stressed.

**Helpful Coping Strategies:** I can drink water with flavored electrolytes to boost my hydration. Or I can go outside and pull weeds. Or I can cut up some veggies ahead of time to snack on when I am stressed.

Now, you try. Write a harmful coping strategy, followed by a few ideas for helpful things you can do.