Coping Skills

- **Skill 1. Deal with your feelings**. Feelings are important because they tell us what we need to feel better. To deal with our feelings, we must name them, tell ourselves it's OK to feel them, express them in a safe way, and then decide what we need to feel better.
- **Skill 2. Adjust your attitude**. What we tell ourselves about a situation will determine how we feel about it. Telling ourselves about the good side of things, or having a positive attitude, can help us feel better.
- **Skill 3. Discover your choices**. In every situation there are things that we can and cannot change. We help ourselves by choosing something that can be changed and working toward that goal. (Remember, our attitude is something that can always be changed.)
- **Skill 4. Accept imperfection**. No person or thing in this world is perfect. Everyone makes mistakes. We can help ourselves to feel better by reminding ourselves of this, and then by adjusting our attitude or discovering our choices.
- **Skill 5. Give yourself a break**. When we get tired, physically or emotionally, we can help ourselves to get our energy back by relaxing or taking a break from what we are doing. Taking a break helps us to feel better.
- **Skill 6. Take things one step at a time**. Having too much to do or think about can get us feeling overwhelmed. If we stop and pay attention to ourselves, and use patience and gentle words with ourselves, we can feel better.
- **Skill 7. Treat yourself kindly**. When we are angry at ourselves, or push ourselves too hard, it can make us feel worse. If we stop and pay attention to ourselves, and use patience and gentle words with ourselves, we can feel better.
- **Skill 8. Plan ahead**. When we have a lot to do or think about, planning ahead can help prevent problems before they arise. If we plan ahead, we can make sure that we have enough time and energy, and the tools we need to get the job done.
- **Skill 9. Ask for help**. Sometimes, no matter how hard we try, or how many coping skills we use, we still can't solve our problem. That is when it is time to ask for someone else to help us so that things can get better.

The Coping Skills Game

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