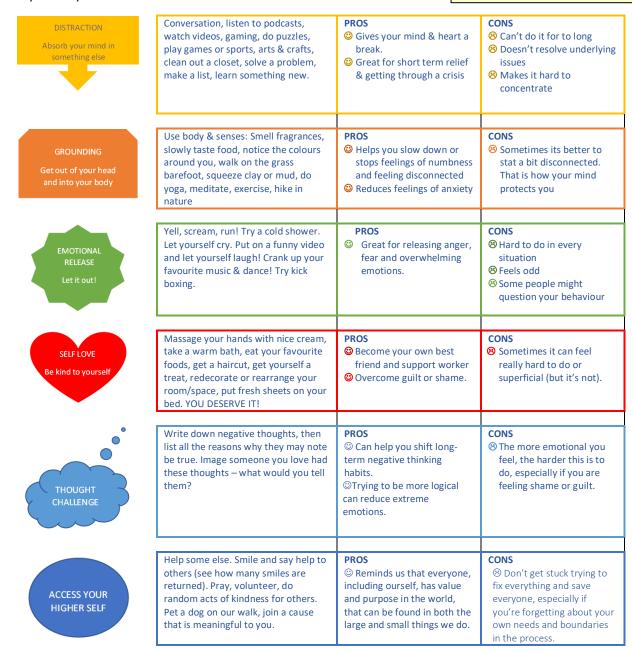


## **Good Grief Workshop**

## Coping Skills Exercise

Coping skills help get through difficult times – they can give us an important break from mental and emotional distress, and sometimes they become literally life saving. Keep this list of coping skills handy for when you need it...Fold it up and put it in your wallet or bag. Post it on a wall, your fridge, or someplace handy where you'll see it.

Make this list work for you!
Use a highlighter to mark the skills that work best for you and write down your own ideas on the next page.





## **Good Grief Workshop**

## Your Personal Coping Skills List

Use this page to write your own list of coping skills. You might take some from the list we shared, some that you already know, and other that might still be out there for you to discover.

DISTRACTION  Absorb your mind in something else	
GROUNDING  Get out of your head and into your body	
EMOTIONAL RELEASE Let it out!	
SELF LOVE  Be kind to yourself	
THOUGHT CHALLENGE	
ACCESS YOUR HIGHER SELF	