

Busy Brains LTD

COPING SKILLS

Checklist for teens

1. Identify Stressors

Think about the things that cause you stress or difficult emotions. Check all that apply:

- | | |
|--|---|
| <input type="checkbox"/> School or Work Pressure | <input type="checkbox"/> Changes or Uncertainty |
| <input type="checkbox"/> Family Conflicts | <input type="checkbox"/> Health Concerns |
| <input type="checkbox"/> Friendship or Social Issues | <input type="checkbox"/> Financial Worries |
| <input type="checkbox"/> Feeling Overwhelmed | <input type="checkbox"/> Other: _____ |

2. Recognize Coping Skills

Review this list of coping skills. Check the ones you currently use or want to try:

- | | |
|--|---|
| <input type="checkbox"/> Deep Breathing or Meditation | <input type="checkbox"/> Drawing or Art |
| <input type="checkbox"/> Talking to a Friend or Family Member | <input type="checkbox"/> Taking Breaks or Time for Yourself |
| <input type="checkbox"/> Physical Exercise (walking, sports, yoga) | <input type="checkbox"/> Positive Self-Talk |
| <input type="checkbox"/> Listening to Music | <input type="checkbox"/> Setting Small Goals |
| <input type="checkbox"/> Writing or Journaling | <input type="checkbox"/> Practicing Gratitude |
| <input type="checkbox"/> Other: _____ | |

3. Plan for Coping

What is one new coping skill I want to try?

When will I use this coping skill? (e.g., when I feel stressed at school)

Who can I talk to when I need support?

