

3 COPING SKILLS THAT HAVE WORKED FOR YOU IN THE PAST THAT YOU WOULD LIKE TO USE REGULARLY:

3 COPING SKILLS THAT YOU WOULD LIKE TO TRY:

WHEN WILL YOU USE THESE COPING SKILLS?

HOW WILL THESE 6 COPING SKILLS YOU HAVE IDENTIFIED AFFECT YOUR STRESS LEVEL? WHAT CHANGES WILL YOU SEE AS A RESULT OF USING THESE COPING STRATEGIES?

