



How I Can Cope

Every behaviour has a consequence, either positive or negative. The more we learn and practice coping skills, the easier it gets to respond to upsetting or stressful situations in a positive way

Describe or draw the last situation that made you react in a way you were not proud of.

How did you behave?

Tick one strategy you could use to help you cope better next time?

- | | |
|---|---|
| <input type="radio"/> Take 5 mindful breaths | <input type="radio"/> Count to 100 before I react |
| <input type="radio"/> Ask for help | <input type="radio"/> Listen to music |
| <input type="radio"/> Write down what made me upset | <input type="radio"/> Take a walk |
| <input type="radio"/> Draw or colour in | <input type="radio"/> Sing a song in my head |

