

# MY COPING STRATEGIES

## PURPOSE

When we stop using unhealthy coping strategies, it is important to replace them with something healthier. This worksheet will help you make the switch from unhealthy to healthy coping strategies.

## INSTRUCTIONS

First, fill out the left side of the table with unhealthy coping strategies you currently use. Then come up with alternative healthy coping strategies and list them in the middle column. These could be strategies you have already tried or something new that you want to try.

Unhealthy coping strategy I currently use	Healthy coping strategy I could use instead	Benefits of switching
<i>Lie on couch and watch a lot of TV</i>	<i>Go for a walk</i>	<i>Gets me outdoor for a change of scenery; I feel better physically and mentally</i>

## QUESTIONS FOR REFLECTION

1. What would be some benefits of switching your unhealthy coping strategies to healthy ones?
2. What negative effects of the unhealthy coping strategy would no longer happen?
3. How would you feel different?
4. How would the healthy coping strategies benefit you in the long term?