

Name: _____

Date: _____

Positive Coping Skills

Pick 2 items from the list below to manage stress and improve your mental health. Practice over the week and write or draw each day what you did.

Skills

Exercise - More Sleep
Listen to Music - Read
New Hobby - Journaling
Talk to Someone
Yoga - Meditate - Art
Laughter - Spend Time
with a Friend

Monday

Tuesday

Wednesday

Thursday

Friday

