

## Types of Coping Skills

**Diversion Skills:** Things you do to take your mind off a stressful situation for a while, to give yourself time to sort it out.

- Painting, drawing, or writing
- Playing an instrument, singing, or dancing
- Taking a shower or bath
- Walking or going for a ride/drive
- Playing a game
- Going shopping
- Cleaning or organizing your room
- Reading a book
- Watching TV or a movie

**Social or Interpersonal Skills:** This means connecting with or disconnecting from people and situations.

- Talking with someone you trust to vent and clear your mind
- Setting boundaries and saying "No"
- Writing a note to someone you care about
- Being assertive
- Using humor
- Spending time with your people – friends and family
- Helping someone else – serving someone in need or encouraging others
- Spending time with your pet
- Role playing a challenging situation with others

**Cognitive Skills:** Involves using your mind to work through a problem. This is when you work through a problem using your brain and thoughts.

- Making a gratitude list
- Brainstorming solutions
- Changing your expectation of a situation or person
- Journaling
- Keeping an inspirational quote quite with you – personal mantra
- Being flexible
- Writing a list of goals
- Acting in the opposite way of your negative feelings
- Writing a list of pros and cons for decisions
- Rewarding or pampering yourself when successful
- Writing a list of your strengths
- Accepting a challenge with a positive attitude

**Tension Releasers** – Ways to de-stress and get out feelings of frustration.

- Exercising
- Playing sports
- Crying
- Laughing
- Singing
- Dancing

**Physical Coping Skills:** Practicing good self-care and using physical coping skills will help you keep up your reserves so you can overcome stressful situations.

- Getting enough sleep
- Eating healthy foods
- Getting regular exercise
- Keeping a good routine or schedule
- Limiting caffeine or other stimulants
- Practicing deep/slow breathing

**Spiritual Coping Skills:** Sometimes it makes a difference to think about something bigger than you and your situation.

- Praying
- Meditating
- Enjoying nature
- Getting involved in a worthy cause
- Volunteering to help others

**Healthy Boundaries:** Setting limits and establishing healthy boundaries for you and your time.

- Ensuring your involvement with different activities is in balance, not over scheduling yourself
- Prioritizing important tasks
- Using assertive communication – be clear in what you say
- Scheduling time for yourself and self-care
- Walking away from unhealthy relationships and situations
- Scheduling time away from digital devices and being online



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