

HEALTHY VS. UNHEALTHY COPING SKILLS

Coping Skills are actions we take—consciously or unconsciously— to deal with stress, problems, or uncomfortable emotions. There are two types of coping skills: *healthy* and *unhealthy*.

It's important to try different coping skills as each tool will help you manage your feelings differently. Remember, some coping skills require patience and practice before you get the hang of it.

Healthy Coping Skills

A *healthy coping skill* is a tool that helps you feel better and doesn't harm you or other people physically or emotionally. A healthy coping skill is one that doesn't lead to negative consequences. You can engage in these coping skills on your own or with someone you trust.

Examples of Healthy Coping Skills:

- Using positive self-talk
- Deep breathing
- Reading a book
- Going for a walk
- Volunteering
- Exercising
- Talking to a friend
- Playing a sport or game
- Hanging out with friends
- Listening to music
- Doing yoga or meditating
- Drawing or painting
- Sharing your feelings
- Taking time by yourself
- Talking to a trusted adult
- Taking a hot bath/shower
- Resolving the problem
- Being in nature

Unhealthy Coping Skills

A *unhealthy coping skill* might help you feel better in the moment, but it usually leads to consequences and can be harmful to yourself and others. A pattern of using unhealthy coping skills usually leads to poor relationships with others.

Examples of Unhealthy Coping Skills:

- Name-calling or insulting others
- Spreading rumors
- Yelling and screaming
- Hurting yourself
- Reckless behaviors
- Using drugs or alcohol
- Shutting down
- Emotional eating
- Blaming others
- Avoiding the problem
- Being passive-aggressive
- Getting revenge
- Destroying property
- Pretending not to care
- Oversleeping
- Negative social media posts

Your feelings change every moment of the day. Check-in with yourself.
How are you feeling? What happened that made you feel this way?

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Describe a problem you are currently dealing with:

My unhealthy coping skills:	Consequences of unhealthy coping skills:
1	
2	

Healthy coping skills I use or could use:	Expected outcomes of healthy coping skills:	Barriers to using healthy coping skills:
1		
2		
3		

**Worksheet adapted from Therapistaid*