

Name \_\_\_\_\_

Date \_\_\_\_\_

Teacher \_\_\_\_\_

# POSITIVE COPING SKILLS

## A COPING DIARY

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 someone

tuesday

monday

wednesday

thursday

friday

saturday

Write a few sentences about how you felt after using these skills.

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