

Coping Bag of Tricks

What item did you choose from the bag?

How might a person use this item to relieve stress or how is it related to stress reduction?

Is this a *HEALTHY* or *unhealthy* way to relieve stress? Why?

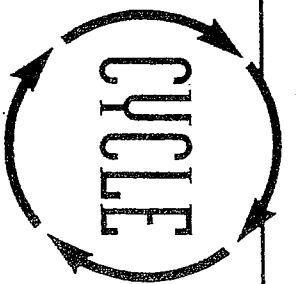
Ways to Cope with Stress

HEALTHY 😊

Unhealthy ☹️

The

Stress



Break those negative coping habits by stopping and thinking. Follow the path to a brighter future by using positive coping skills.

Identify your stressors!

1. _____
2. _____

STRESS

3. _____
4. _____

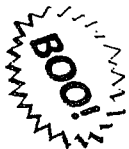
Identify your WARNING Signs!

1. _____
2. _____

STRESS SYMPTOMS

3. _____
4. _____

BREAK THE NEGATIVE CYCLE BY LEARNING TO **STOP** AND THINK!



PAST NEGATIVE COPING

1. _____
2. _____
3. _____



FUTURE POSITIVE COPING

1. _____
2. _____
3. _____
4. _____