

# Coping Skills

What are they and why are they important?

## Examples of Coping Skills:

- Deep Breathing
- Speaking with a friend
- Listening to music
- Exercise
- Muscle relaxation
- Journaling
- Positive self talk
- Read a book
- Challenge yourself
- Draw



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## What are coping skills?

As people we have many different emotions. This includes emotions that can feel distressing and overwhelming at times.

Emotions help to communicate important information. So, the point of coping skills is not to erase our emotions. By using coping skills, we can make our emotions less intense and more manageable. When we feel in control, we can better solve the problems that trigger those difficult feelings.



SLOW  
DOWN

## How do they work?

Coping skills help to slow us down when we are in a space with strong emotions. This helps to put space between ourselves and the immediate reaction to an unpleasant event. Coping skills allow us to put more thought and consideration into what would work best and how to be most effective in response.

## Lets Talk About Emotions

We all like to feel positive emotions like happiness and joy. But big emotions like sadness, anxiety, and anger are emotions we experience too. These emotions can leave us feeling upset and overwhelmed. Sometimes this can make us feel unsure about what to do to make things better.

