

My Coping Toolbox: Healthy vs. Unhealthy Ways to Cope

Objective:

This worksheet will help you identify healthy and unhealthy coping strategies, understand how different choices impact your well-being, and build your own personalized "Coping Toolbox" for life's challenges.

Visual Engagement Component

Below is an illustration of a toolbox labeled "My Coping Toolbox." Inside the toolbox, there are some blank spaces. Draw or write healthy coping skills you know inside the toolbox. Outside the toolbox, list unhealthy coping habits you want to avoid.

Illustration

[Draw your own toolbox below. Use the inside for healthy strategies, the outside for unhealthy ones.]

Guided Activity: Core Learning

1. **Match-Up:** Draw a line connecting each situation to a healthy way to cope.

- You feel overwhelmed after a tough day at school.
- You're upset after an argument with a friend.
- You're feeling stressed about an upcoming test.
- a) Go for a walk or do some exercise
- b) Write in a journal about your feelings
- c) Talk to someone you trust

2. Multiple Choice:

Which of the following is an unhealthy coping strategy?

- a) Talking to a friend
- b) Bottling up your feelings
- c) Practicing deep breathing
- d) Listening to your favorite music

3. Checkboxes:

Check all the healthy coping skills below:

- Breaking something when angry
- Asking for help
- Taking deep breaths
- Ignoring your feelings
- Drawing or coloring
- Using substances (alcohol, drugs)

4. Short Answer:

Name one healthy coping skill you have tried before. How did it help you?

5. Scenario:

Imagine you just failed a big test. What is one healthy and one unhealthy way you could respond? Write your answers below.

Discussion Questions: Reflect & Connect

1. Can you remember a time when you used a healthy coping skill? What was it, and how did it make you feel?
 2. Why do you think it's sometimes easier to choose unhealthy ways to cope, even if they aren't helpful in the long run?
 3. Who is someone in your life you can talk to when you need support? How could they help you with coping?
 4. If you could add one "tool" to your coping toolbox, what would it be and why?
-

Journaling Section: This Made Me Think...

(Use this space for reflection, doodling, or writing out your thoughts)

Describe a situation where you faced a challenge. What coping skills did you use? If you could go back, would you try a different approach? Why or why not?
