

Coping Skills Menu

Healthy Strategies Students Can Use When Life Feels Overwhelming

School Counselor Resource Series

Purpose

Everyone experiences stress, disappointment, frustration, or difficult emotions from time to time. Having healthy coping skills can help students manage those feelings in positive ways. Use this menu to discover strategies that work best for you and create your own personal coping toolbox.

Calm My Mind

- ☐ Take five slow, deep breaths.
- ☐ Listen to calming music.
- ☐ Pray or spend a few quiet moments reflecting.
- ☐ Read a favorite book.
- ☐ Think about a happy memory.
- ☐ Repeat a positive affirmation.
- ☐ Practice gratitude by naming three good things.

Move My Body

- ☐ Go for a walk.
- ☐ Stretch for five minutes.
- ☐ Play outside.

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- ☐ Shoot basketball or kick a soccer ball.
- ☐ Dance to your favorite song.
- ☐ Exercise or work out.
- ☐ Do a few jumping jacks or push-ups.

Express My Feelings

- ☐ Write in a journal.
- ☐ Draw or color.
- ☐ Create something with art or music.
- ☐ Talk with someone I trust.
- ☐ Write a letter (even if I never send it).
- ☐ Name what I'm feeling.

Connect With Others

- ☐ Spend time with a friend.
- ☐ Talk with a parent or caregiver.
- ☐ Visit the school counselor.
- ☐ Help someone else.
- ☐ Spend time with a trusted adult.
- ☐ Play a game with family.

Take Care of My Body

- ☐ Drink water.
- ☐ Eat a healthy snack.

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- ☐ Get enough sleep tonight.
- ☐ Take a short break.
- ☐ Spend time outside.
- ☐ Take a few slow breaths before reacting.

Solve the Problem

- ☐ Break the problem into smaller steps.
- ☐ Ask for help.
- ☐ Make a simple plan.
- ☐ Focus on one thing at a time.
- ☐ Think of two or three possible solutions.
- ☐ Decide what I can control.

Things That Help Me Most

Choose your **Top 5** coping skills.

- 1.
- 2.
- 3.
- 4.
- 5.

My Go-To Support People

When I need help, I can talk to:

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My Personal Reminder

When life feels difficult, I want to remember:

Part of the Freedom Path Counseling School Counselor Resource Series

These resources are provided free of charge to support school counselors as they invest in the emotional well-being of students and families. Learn more and access additional downloadable tools at **freedompathcounseling.org/school-counselor-resource-center**

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