

Positive Stress Coping Skills

People react differently to stressful situations. Following is a list of what would be considered “positive” responses.

Check off the appropriate response for each of these items. If there are other positive ways you deal with stress, please list them at the bottom.

Response	NEVER	SOMETIMES	OFTEN
Stretch	_____	_____	_____
Listen to music	_____	_____	_____
Write (Journal/Poems/Songs)	_____	_____	_____
Play music or sing	_____	_____	_____
Watch movies or TV	_____	_____	_____
Play sports	_____	_____	_____
Go for a walk or run	_____	_____	_____
Go to the movies	_____	_____	_____
Read	_____	_____	_____
Work on a puzzle	_____	_____	_____
Play games (and/or video games)	_____	_____	_____
Go swimming (with adult supervision)	_____	_____	_____
Go hiking (with adult supervision)	_____	_____	_____
Spend time alone	_____	_____	_____
Play with pets	_____	_____	_____
Talk to friends	_____	_____	_____
Try something new	_____	_____	_____
Connect with nature (Take Nature Photos, Plant Flowers, Etc)	_____	_____	_____

Other Positive Ways I cope with stress: _____

What should I be doing MORE OF to cope with my stress? _____

Negative Stress Coping Skills

People react differently to stressful situations. Following is a list of what would be considered “negative” responses.

Check off the appropriate response for each of these items. If there are other negative ways you deal with stress, please list them at the bottom.

Response	NEVER	SOMETIMES	OFTEN
Yell	_____	_____	_____
Act violently (kicking, punching)	_____	_____	_____
Have a temper tantrum	_____	_____	_____
Break things (destroy property)	_____	_____	_____
Overeat	_____	_____	_____
Refuse to eat	_____	_____	_____
Self-Mutilate	_____	_____	_____
Bite your fingernails	_____	_____	_____
Lie	_____	_____	_____
Throw things	_____	_____	_____
Insult others	_____	_____	_____
Pace in circles	_____	_____	_____
Get in fights	_____	_____	_____
Start drama	_____	_____	_____
Pout (In an attempt to get what you want)	_____	_____	_____
Withdraw from everyone	_____	_____	_____
Hold everything inside	_____	_____	_____

Other Negative Ways I cope with stress: _____

What should I be doing LESS OF to cope with my stress? _____

