

Name _____

Date _____

Teacher _____

POSITIVE COPING SKILLS

A COPING DIARY

Pick 2 items from the list below to manage stress and improve your mental health. Practice over the week and write or draw each day what you did.

skills

Exercise More Sleep
Listen to music Read
New hobby Journaling
Talk to someone Yoga
Meditate Art Laughter
Spend time with someone

tuesday

monday

wednesday

thursday

friday

saturday

Write a few sentences about how you felt after using these skills.
