

COPING SKILLS  
CHECKLIST

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# Instructions

Having healthy coping skills can be key to getting through tough times. Coping skills help you tolerate, minimize, and deal with stressful situations in life. Managing your stress well can help you feel better physically and psychologically and it can impact your ability to perform your best.

But not all coping skills are created equal. Sometimes, it's tempting to engage in strategies that will give quick relief but might create bigger problems for you down the road. It's important to establish healthy coping skills that will help you reduce your emotional distress or rid yourself of the stressful situations you face.

Take your time trying out different coping skills, and try to have a few skills in each category that you know work for you.

Keep this list of coping skills handy for when you need it... folded up in your wallet or handbag or post it up on the wall somewhere at home.

# Coping Skills Checklist

- ✓ Check off the ones that you do now
- Circle the ones that you want to try
- ✗ Cross off the ones that don't work
- Add the ones that aren't listed yet

## CALMING SKILLS

- Deep breathing
- Taking a mindful walk
- Yoga
- Saying the alphabet slowly
- Positive self-talk
- Taking a shower or bath
- Counting out loud
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## PROCESSING SKILLS

- Writing in a journal
- Drawing
- Talking to someone
- Writing a song
- Making a worry box
- Writing poetry
- Creating a playlist
- Writing a letter to someone
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## PHYSICAL SKILLS

- Squeezing something
- Shredding paper
- Popping bubblewrap
- Shuffling cards
- Taking a walk
- Exercising
- Dancing
- Punching a safe surface
- Swinging on a swing
- Jumping on a trampoline
- Swimming
- Jump rope
- Stretching
- Yoga
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## DISTRACTION SKILLS

- Writing a story
- Completing crossword or sudoku puzzles
- Baking or Cooking
- Reading
- Cleaning
- Playing with a pet
- Playing video games
- Gardening
- Painting
- Crafting
- Starting a new hobby
- Listening to a podcast
- Doodling
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## AN INDIVIDUAL WITH CREATIVE PASSION

Ex-athlete, **psychologist** and **life coach** working with individuals and business professionals. Known as **confidence expert**, Beata is an **energetic and innovative coach** working internationally from Singapore. She provides highly tailored strategies and approach to the individual's needs.

She **takes life with its ups and downs**. She loves dark chocolate, complex situations, laughing out loud and having thought provoking conversations.

She takes **practical psychology** further by organising Fit Chill Out Retreats



TRANSFORMING THE WAY WE  
THINK, WORK, EXERCISE & LIVE.

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