

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.