

but now we're stressed.

stress and coping skills 101



Presented by the
Plymouth Youth Development Collaborative
& Brockton Area Prevention Collaborative

Work Sheet Two: Coping Skills

1. What are coping skills and when are they used? What is the difference between an adaptive and a maladaptive coping skill?

2. For the two recent stressful experiences you have had, write down how you believe you managed the stress (re: what coping skills did you use, refer to stress worksheet for experiences)

3. For yourself, circle whether the below coping skills is (A) Adaptive or (M) Maladaptive

- | | | | | | |
|--------------------|-------|---------------------|-------|--------------|-------|
| a. Going for walk | A / M | e. Calling a friend | A / M | i. Isolating | A / M |
| b. Punching a wall | A / M | f. Smoking weed | A / M | j. Dancing | A / M |
| c. Biting nails | A / M | g. Time with a pet | A / M | k. Drinking | A / M |
| d. Eating | A / M | h. Sleeping | A / M | | |

4. List other coping skills you would like to start practicing or use regularly when feeling stressed.
