

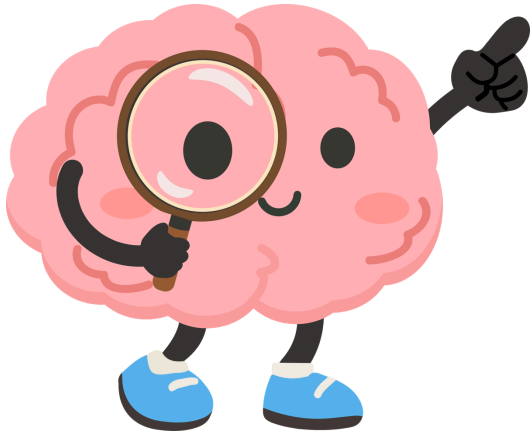
# Coping Skills Menu

A Worksheet for Managing Stress and Emotions

Name: \_\_\_\_\_

Date: \_\_\_\_\_

## How I'm Feeling Right Now



- Calm
  - Stressed
  - Overwhelmed
  - Anxious
  - Angry
  - Sad
  - Tired
  - Frustrated
  - Other: \_\_\_\_\_
-



## How to use This wheel

When I feel overwhelmed, I will:

1. Notice how I'm feeling
2. Look at the wheel
3. Choose **one small coping skill**
4. Try it for a few minutes

## My Top 3 Coping Skills

Reflect on which strategies work best for you and list them here.

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## What usually helps me the most when I feel stressed?

Write down specific activities or thoughts that have helped in the past.

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"I don't have to feel better all at once. I just have to take one step."