

's List of Coping Skills

Mood Changing Activities/Distraction	Pleasant activities :
Changing thoughts	BLUE: Change from Blaming, looking for bad, Unhappy thoughts and exaggerating to: Looking for evidence, Is there another way to look at, What would you tell a friend, If it was true – would it be so bad.
Relaxation/Breathing	

Day	Stress event and/or practice	Feelings	Intensity of feeling 0-10	Coping Skill used	Feelings	Intensity of Feelings 0-10	comments
Wednesday							
Thursday							
Friday							
Saturday							
Sunday							
Monday							
Tuesday							

