

Coping skills

Build a Coping Menu That Fits

Adults and teens 13+ | 10 to 15 minutes

Coping can include changing a situation, meeting a practical need, asking for support, or making space for a feeling. A strategy that helps one person may be uncomfortable or inaccessible for another. You can test fit without treating discomfort as failure.

Choose a recent, manageable example. Write, draw, or discuss your answers. Skip anything that does not fit; this page is not a diagnostic assessment.

Match the job

Choose the purpose first: reduce stimulation, get information, tolerate a wait, or recover after an argument. For example, moving to a quieter space addresses noise more directly than asking yourself to concentrate harder.

Plan for limits

Choose an option you can actually access. A backup might be a short message instead of a phone call or a seated activity instead of walking. Stop any exercise that increases distress and reconsider with support.

1. What situation do you want a coping option for, and what would help it become more manageable?

2. Which strategy fits that purpose and your preferences?

3. What access barrier could arise, and what is your backup?

4. What will tell you to continue, change the strategy, or seek additional help?

Clinical use and adaptation

Distinguish coping practice from urgent safety intervention. Check sensory, mobility, cultural, and privacy needs. Avoid prescribing breathing, exercise, or disclosure universally. Evaluate whether a strategy expands choice or becomes an inflexible avoidance ritual.