

MY COPING TOOLS

Recognising and adapting coping skills in grief involves self-awareness to identify emotional needs and a flexible approach to tailor strategies as the grief evolves.

My coping mechanisms...

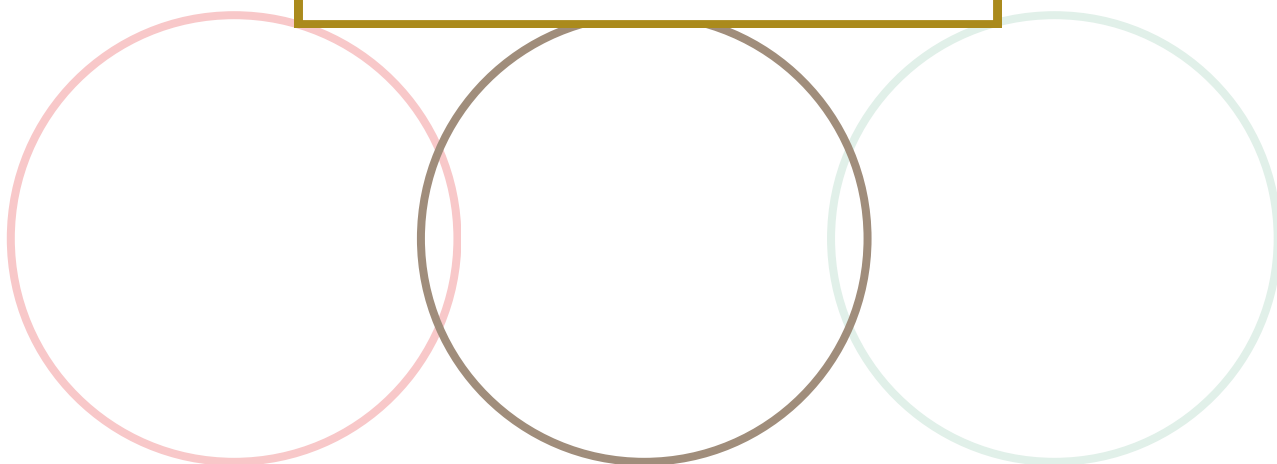
COPING SKILLS

Coping skills I use...

Skills to work on....

Unhealthy coping skills...

My support circles
Who supports you?



WHEN I FEEL OVERWHELMED, I CAN...

What coping skills do you find helpful at the moment?

If you're not doing any of these, which one can you start today?

- | | |
|---|--|
| ☐ Deep breathing | ☐ Exercise |
| ☐ Use positive self-talk | ☐ Journal |
| ☐ Meditate or relax | ☐ Mindfulness |
| ☐ Talk to a friend | ☐ Go for a walk |

