

### Coping strategies journal

#### Introduction

On this page you can keep track of your own coping responses to challenging situations. Use this when you realize you are feeling stressed, anxious, sad, feeling depressed, angry or frustrated. Or if any other emotion shows up that is uncomfortable for you and that pulls you away from the present moment and away from what you are trying to do right now.

You can carry this journal with you and use 'in the moment', or you can use it as a reflection moment to look back on your day or week and learn from. When you describe what happened, try to do so in a 'neutral way', like an outside observer would do. When you consider the effectiveness of the strategy, use the anchors where 1 = *it is not effective at all, not even in the slightest* and 10 = *it is extremely effective*.

<b>What happened? What caused you to feel a certain way?</b>	<b>What strategy did you use to navigate that difficult emotion?</b>	<b>In the short run, how effective is the strategy on a scale of 1-10?</b>	<b>In the long run, how effective is the strategy on a scale of 1-10?</b>	<b>Can you think of anything you might do differently next time?</b>
<i>I had a long list of to-dos and was worried I would not be able to finish it all</i>	<i>Because I felt overwhelmed, I procrastinated. In the end I got a few things done.</i>	<i>6. Because it did help a little, but the list was still very long.</i>	<i>3. Because I will still need to do the tasks.</i>	<i>I could try to set priorities and take frequent breaks.</i>

<b>What happened? What caused you to feel a certain way?</b>	<b>What strategy did you use to navigate that difficult emotion?</b>	<b>In the short run, how effective is the response on a scale of 1-10?</b>	<b>In the long run, how effective is the response on a scale of 1-10?</b>	<b>Can you think of anything you might do differently next time?</b>