

Making Healthy Choices

Sometimes when I feel _____, I _____
When I do this, this is what happens: _____

Instead, I commit to do the following:

- | | |
|-----------------------------------------------------------------|----------------------------------------------------------------------------|
| <input type="checkbox"/> Go for a walk or run | <input type="checkbox"/> Ask for help |
| <input type="checkbox"/> Draw a picture | <input type="checkbox"/> Play an instrument |
| <input type="checkbox"/> Play a game | <input type="checkbox"/> Remind myself of times I have overcome challenges |
| <input type="checkbox"/> Read a book | <input type="checkbox"/> Commit to waiting to act |
| <input type="checkbox"/> Journal my feelings | <input type="checkbox"/> Visualize myself responding in a healthy way |
| <input type="checkbox"/> Use a breathing technique | <input type="checkbox"/> Take a bath or shower |
| <input type="checkbox"/> Watch a show | <input type="checkbox"/> Smell something good |
| <input type="checkbox"/> Encourage another person | <input type="checkbox"/> Cook or bake |
| <input type="checkbox"/> Listen to music | <input type="checkbox"/> Watch a funny video |
| <input type="checkbox"/> Create a mantra and recite it | <input type="checkbox"/> Make a new playlist |
| <input type="checkbox"/> Play sports | <input type="checkbox"/> Find a new music artist |
| <input type="checkbox"/> Meditate | <input type="checkbox"/> Give someone a gift |
| <input type="checkbox"/> Complete a thought log | <input type="checkbox"/> Volunteer |
| <input type="checkbox"/> Spend time with an animal | <input type="checkbox"/> Do a body scan |
| <input type="checkbox"/> Go outside | <input type="checkbox"/> List ten things I am grateful for |
| <input type="checkbox"/> Say positive affirmations | <input type="checkbox"/> Stretch all my muscles |
| <input type="checkbox"/> List pros and cons of my choices | <input type="checkbox"/> Watch the clouds or stars outside |
| <input type="checkbox"/> Recite positive quotes | <input type="checkbox"/> Wear comfortable clothes |
| <input type="checkbox"/> Remove myself from the situation | <input type="checkbox"/> Use a calm down box |
| <input type="checkbox"/> Ask if my thoughts are distorted | <input type="checkbox"/> Play with a stress ball or other object |
| <input type="checkbox"/> Ask for a break and come back later | <input type="checkbox"/> Set a boundary |
| <input type="checkbox"/> Write a letter to my future self | <input type="checkbox"/> Remember that I have a choice |
| <input type="checkbox"/> Identify my feelings and their source | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Remind myself that I am not my emotion | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Dance | <input type="checkbox"/> _____ |

I chose these healthy coping skills because _____

I think these coping skills will be helpful because _____

Signed,

Name

Date