

Your Healthy Coping Strategy Toolbox

Just like a toolbox has different tools for different purposes, you need to fill your mental health 'toolbox' with different strategies to manage your mental health and deal with various situations. Many of these tools are strategies that you already use. Each person is different and manages stress in their own ways, and what works for one person might not work for someone else.

Instructions

Using the prompts below, write down tools that help you deal with stress and anxiety and have a positive impact on your mental health.

Brainstorm tools that might help when you are faced with stressful situations and negative emotions. Examples are provided to help you get started.



| Questions | Answers |
|--|---------|
| <p>What can you do individually to make yourself feel better?</p> <p>Example: 5-4-3-2-1 grounding exercise, listening to music</p> | |
| <p>What can you do with others to make yourself feel better?</p> <p>Example: Talking to a close friend</p> | |
| <p>What physical activities can you do to make yourself feel better?</p> <p>Example: Go for a walk outside</p> | |

For more resources on the negative impacts of underage drinking and underage marijuana use, go to [AskListenLearn.org](https://www.AskListenLearn.org).

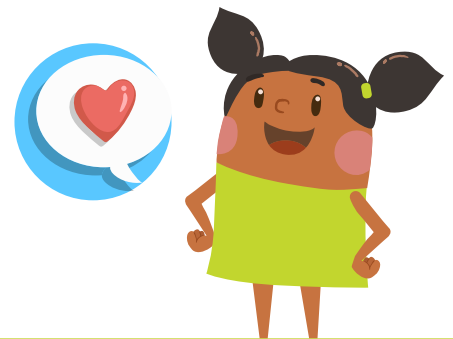
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For more info head to [AskListenLearn.org](https://www.AskListenLearn.org)

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| Questions | Answers |
|---|---------|
| <p>What strategies for improving sleep can you use to make yourself feel better?</p> <p>Example: Not looking at my phone in bed.</p> | |
| <p>What are some things that you enjoy about yourself that you can think of when you are upset? Share your strengths!</p> <p>Example: I am good at...</p> | |
| <p>Talking to others can be a way to feel better. List your friends, family and other trusted adults in your life that you can always talk to. What are some resources at school or in your community that you can use when you need to talk to someone?</p> <p>Example: Siblings, teachers, counselors, etc.</p> | |



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Come up with three things or situations that commonly cause you stress and develop strategies to help prepare and respond to these situations.

| Things or situations that you find overwhelming or stressful | Healthy strategies that help you prepare or cope with these stressful situations |
|--|--|
| Example: Taking tests | Example: Doing a short mindfulness exercise before beginning the test. |
| 1 | 1 |
| 2 | 2 |
| 3 | 3 |

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