



Worksheet 9 – Coping Strategies

Please write down any stressful situations/events and the coping strategies you used in the Worksheet below. Reviewing how you managed these situations is helpful to assess the effectiveness of your coping strategies. You may choose to do this as homework or together with your APMHA mental health clinician.

Situation/ What was happening?	How did you feel?	What did you do? What coping strategy did you use?	Did it help/work?