

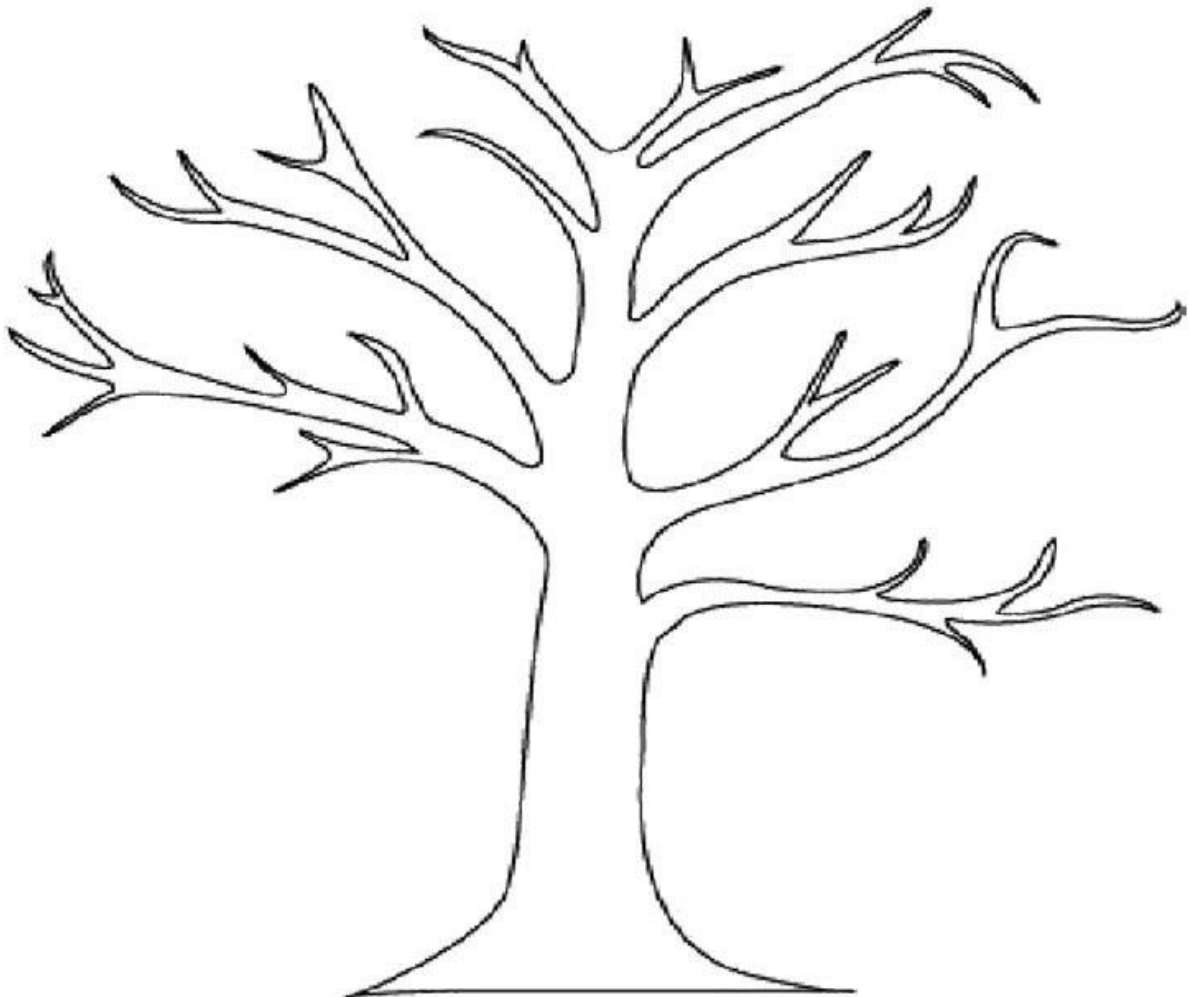


Coping Tree



How do you cope?

Fill in the tree with all ways that you cope (you can use roots, leaves, fruit, branches to represent them). What helps ground you? What skills and values have you developed? What coping strategies do you need for different days/situations (a windy day vs. a sunny day vs. a stormy day)? Who supports you? What else do you need to fill your tree?



Examples/Ideas: Journaling, Music, Talking to a friend, Family support, Taking a break, Enjoying the moment, Exercise, Going to therapy, Setting goals, Remembering the positives, Religion/spirituality, Meditation

