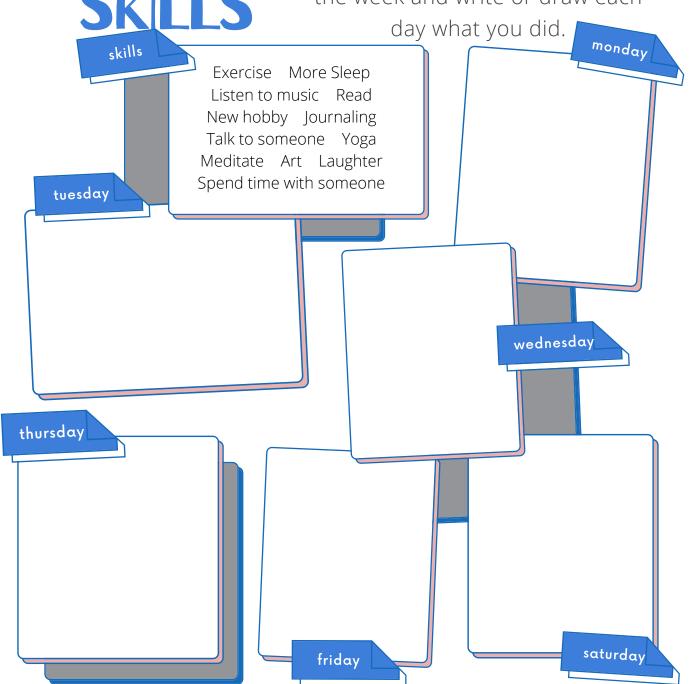
Name Date Teacher

POSITIVE COPING SKILLS skills Exercise Listen to New hob

A COPING DIARY

Pick 2 items from the list below to manage stress and improve your mental health. Practice over the week and write or draw each



Write a few sentences about how you felt after using these skills.

