

15 COPING SKILLS TO LEARN AND USE EACH DAY

06



Talk to someone about how you are feeling.

07



Write down your ~~thoughts~~ and feelings in a diary

08



Take regularly breaks throughout the day

09



Practice some self care

10



Build your mental health support network

05



Try to regularly exercise

11



If you are stressed try using some problem solving

04



Challenge negative thoughts with a thought diary

12



Use all your senses and try to engage with what you are doing

03



Try some deep breathing for 5-10 minutes each day

13



Try and stay in the present moment

02



Have a go at some progressive muscle relaxation. It is a great way to de stress

14



Each night write down 3 good things you have achieved in the day

01



Identify thinking errors in negative thoughts

15



Engage in some behavioural experiments to test out the validity of thoughts



@BELIEVEPHQ

Coping With Deprebion

M Walker



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