

Helpful And Unhelpful Coping Strategies

Coping techniques could be useful to reduce and manage depression as they can help relax and improve your mood. However, there can be healthy coping strategies and unhealthy coping strategies.

Unhealthy coping techniques

These are techniques that seem like helpful at first, but only have short-term efficacy, and can be harmful or lead to negative consequences. Are you using any unhealthy coping techniques? Can you let go of any of them?

Coping techniques	I use this technique	I can let go of this technique
Shutting down	Yes/No	Yes/No
Skipping school	Yes/No	Yes/No
Being inactive all day	Yes/No	Yes/No
Excessive video gaming/social media	Yes/No	Yes/No
Oversleeping	Yes/No	Yes/No
Isolating from everyone	Yes/No	Yes/No
Procrastination	Yes/No	Yes/No
Staying up all night	Yes/No	Yes/No
Self-harm	Yes/No	Yes/No
Drug or alcohol use	Yes/No	Yes/No
Self-criticism	Yes/No	Yes/No
Reacting with anger	Yes/No	Yes/No
Lashing out	Yes/No	Yes/No
Overeating/Undereating	Yes/No	Yes/No

Healthy coping techniques

These are techniques that can help you to feel better and relax, and they don't cause any harm or negative consequences. Do you think any coping techniques could be helpful?

Healthy coping techniques	I will try	Not for me
Listening to music	Yes/No	Yes/No
Exercise	Yes/No	Yes/No
Meditation/Mindfulness	Yes/No	Yes/No
Getting enough sleep	Yes/No	Yes/No
Practice gratitude	Yes/No	Yes/No
Letting go of thing I can't control	Yes/No	Yes/No
Connect with someone	Yes/No	Yes/No
Practice deep breaths	Yes/No	Yes/No
Join a club/activity	Yes/No	Yes/No
Keep a healthy diet	Yes/No	Yes/No
Complete a daily task list	Yes/No	Yes/No
Get creative (draw/sing etc.)	Yes/No	Yes/No
Challenge negative thoughts	Yes/No	Yes/No
Overeating/Undereating	Yes/No	Yes/No
Set and accomplish daily goals	Yes/No	Yes/No

Tips:

- 1) Choose coping techniques/ activities you are interested in so that you will be more likely to complete them.
- 2) Practice the coping techniques/activities you have chosen.
- 3) Start small, break your activities in smaller pieces to be more motivated to complete them
- 4) Make a plan so that your activities/coping techniques will more likely become a habit. You can set up alarms to remind yourself, or tie an activity to something you already do.

- 5) Bring a friend and include them in your activities, so that you will not be alone, your commitment will increase and you will have more fun.
- 6) Don't forget your support network and don't be ashamed to ask for help.