

# Coping Strategies Catalog

**Instructions:** Use this coping strategies catalog to discover which coping strategies are the most helpful for you. Start by picking a coping strategy you wish to try out. Then, rate your stress levels out of 10 with 1 being the least stressed and 10 being extremely stressed. Next, engage in the activity for at least 10-15 minutes. Afterward, rate your stress level out of 10 once more. Once you have completed a few stress management activities, compare your before and after scores and keep track of which activities reduce your stress levels the most.

What stress management activity am I using?	Rate your current stress level out of 10	Rate your stress level after engaging in the activity	How did the activity make you feel?