

BUILDING RESILIENCE

Coping cards



[HAND OUT]

| | | | |
|---|--------------------------------|--|--------------------|
| Withdraw (not talk to anyone) | Worry | Listen to music | Sit it out |
| Start a fight | Get sick | Tell everyone how bad everything is | Make something |
| Run away | Go for a run / play a sport | Write about it | Walk the dog |
| Be positive about how it will turn out | Tell my friends on Facebook | Put off having to do it | Blame someone else |
| Watch TV | Do nothing | Go to bed early | Call a helpline |



BUILDING RESILIENCE

Coping cards (cont...)



[HAND OUT]

| | | | |
|-----------------|------------------|---------------------------------------|------------------|
| Eat more | Eat junk food | Ask for help | Blame myself |
| Talk to someone | Find new friends | Prioritise and break the problem down | Fantasise |
| Drink alcohol | Exercise | Plan to do something different | Smoke |
| Complain | Go for a swim | Meditate | Work harder |
| Go shopping | Take a day off | Do risky things | See a counsellor |



BUILDING RESILIENCE

Coping cards (cont...)



[HAND OUT]

| | | | |
|------------------------|--------------------------------|---------------|---------------------|
| Stay up late | Play computer games | Set goals | Set a goal |
| Pray | Look up information and advice | Have a laugh | Draw/paint |
| Sleep less | Have a shower | Quit | Sleep more |
| Go out with my friends | Go and see a favourite person | Problem solve | Pretend it's all ok |
| Cook something | Cry | Call friends | |

