

Coping Skills Workbook for Adults

A to Z skills and a 30 day practice journal

Adult edition

Use this book to find safe ways to handle stress and strong feelings. Pick what fits your body, setting, and energy. A skill can help a little without fixing everything. Skip anything that feels uncomfortable or unsafe.

Name: _____ Date: _____

Support person: _____

If you might hurt yourself or someone else or cannot stay safe, tell a trusted adult or seek immediate help. In the United States, call or text 988; call 911 for immediate danger.

How to use this workbook

1 Notice what is happening. 2 Pick one skill. 3 Try it briefly. 4 Ask for support if needed. 5 Record what you learned.



My signals and supports

My stressors and early signs

What has helped before

People and professional supports

A boundary or request I can use



Choose a skill that fits

Circle a need, then check the setting and company available. You can choose a different skill if the first one does not fit.

What I need	Possible choices
Calm my body	Gentle breathing, grounding, quiet time
Move energy	Walk, stretch, dance
Express feelings	Draw, write, talk
Connect	Ask for help, call a safe person
Focus or distract	Puzzle, music, craft
Solve one problem	Make a small plan, ask for practical help

My three go-to skills

Where and with whom

Indoors: _____ Outdoors: _____

On my own: _____ With someone: _____



A to Z skill menu A to M

Choose any safe option. The full source offers more choices; this page gives one starting point for each letter.

Letter	Skill	How to try it
A	Ask for help	Request emotional support, practical help, professional care, or a safety check-in.
B	Breathe slowly	Use paced breathing, diaphragmatic breathing, or a longer exhale.
C	Call a friend	Ask for connection, distraction, perspective, or practical support.
D	Deep breathing	Pair breathing with grounding or gentle movement.
E	Exercise	Choose accessible movement that fits health needs and energy.
F	Find a safe place	Identify a quiet room, outdoor area, vehicle, or supportive person.
G	Go outside	Walk, sit in nature, garden, or observe the environment.
H	Help someone else	Complete a meaningful act of service, when it does not deplete you.
I	Identify triggers	Track patterns involving people, places, demands, thoughts, pain, sleep, or substances.
J	Journal	Track thoughts, emotion, sleep, goals, or gratitude.
K	Keep a journal	Maintain a longer-term record of patterns and effective skills.
L	Listen to music	Use music intentionally for calming, motivation, focus, or emotional release.
M	Make a plan	Break a stressor into achievable steps and identify supports.



A to Z skill menu N to Z

Choose any safe option. The full source offers more choices; this page gives one starting point for each letter.

Letter	Skill	How to try it
N	Name something positive	Identify one strength, support, comfort, or meaningful moment.
O	Offer assistance	Help another person in a way that fits your capacity.
P	Play a game	Use games, puzzles, cards, or recreation for distraction and connection.
Q	Quiet time	Reduce stimulation, rest, read, pray, or meditate.
R	Read	Read fiction, nonfiction, poetry, spiritual texts, or educational material.
S	Sing	Sing, hum, use karaoke, or join a choir.
T	Talk to a friend or adult	Reach out for emotional or practical support.
U	Use a workout video	Follow a stretching, yoga, dance, or exercise video.
V	Visit a friend or family member	Build connection through planned, safe contact.
W	Watch a movie	Use intentional, time-limited entertainment for distraction or comfort.
X	eXplore	Visit a park, museum, library, trail, or other safe location.
Y	Yell into a pillow	Release anger safely and privately.
Z	Zumba	Use dance movement or a group exercise class.



My own coping menu

Situation or feeling	Skill I might try	Person or tool I need
At home		
At school or work		
In a public place		
When I need movement		
When I need quiet		
When I need connection		

A ten minute reset

What is happening now?

One safe skill for the next ten minutes:

Afterward, I will notice:



Sort a difficult moment

Identify what needs attention now and what can wait.

What I can influence today	What I can postpone or ask help with

Smallest useful next step



30 day coping skills tracker

Practice when it is useful. Blank days are fine. Rate before and after if that helps you learn what fits.

Days 1 to 6

Day	Stress before 0 to 10	Skill and setting	Stress after 0 to 10	Helpful 1 to 5
1				
2				
3				
4				
5				
6				

What I noticed this week:



Days 7 to 12

Day	Stress before 0 to 10	Skill and setting	Stress after 0 to 10	Helpful 1 to 5
7				
8				
9				
10				
11				
12				

What I noticed this week:



Days 13 to 18

Day	Stress before 0 to 10	Skill and setting	Stress after 0 to 10	Helpful 1 to 5
13				
14				
15				
16				
17				
18				

What I noticed this week:



Days 19 to 24

Day	Stress before 0 to 10	Skill and setting	Stress after 0 to 10	Helpful 1 to 5
19				
20				
21				
22				
23				
24				

What I noticed this week:



Days 25 to 30

Day	Stress before 0 to 10	Skill and setting	Stress after 0 to 10	Helpful 1 to 5
25				
26				
27				
28				
29				
30				

What I noticed this week:



Review and next steps

A skill that fit me

A skill I might adapt or replace

What made practice easier

Someone I can ask for help

My next small coping goal

Source material: Alphabet of Stress Management and Coping Skills; A to Z Coping Skills Workbooks; 30 Day Coping Skills Practice Trackers. Adapted for the Julie Renee workbook series.

