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COPING SKILLS

Coping skills is the way that you choose to respond to your feelings of stress, anger, anxiety, and other emotions. There are two types of coping skills - healthy and unhealthy.

Healthy

A healthy coping skill is a way of coping that helps you feel better and doesn't harm you or other people physically or emotionally. A healthy coping skill is one that doesn't lead to negative consequences.

Examples

- Using positive self-talk
- Talking to a friend
- Sharing your feelings
- Deep breathing
- Playing a sport or game
- Taking time by yourself
- Reading a book
- Hanging out with friends
- Talking to a trusted adult
- Going for a walk
- Listening to music
- Taking a hot bath/shower
- Volunteering
- Doing yoga or meditation
- Resolving the problem
- Exercise
- Drawing or painting
- Being in nature

Unhealthy

An unhealthy coping skill might help you feel better in the moment, but it usually leads to consequences and can be harmful to yourself and others. If patterns of using unhealthy coping skills usually lead to poor relationships with others.

Examples

- Name calling or insulting
- Reckless behaviors
- Being passive-aggressive
- Being violent towards others
- Using drugs or alcohol
- Getting revenge
- Spreading rumors
- Shutting down
- Destroying property
- Yelling and screaming
- Emotional eating
- Pretending not to care
- Hurting yourself
- Blaming others
- Oversteering
- Threatening
- Avoiding the problem
- Negative social media posts

Mental Health Matters Form

Please complete all information on this form and bring to the first visit. It may take long, but most of the questions are very simple and will not hurt. The more you tell us, the better we can help you.

Name: _____

Date of Birth: _____

Do you have a primary care physician? _____

What are the problems for which you are seeking help? _____

What are your treatment goals? _____

- Current Symptoms Checklist (check one for each symptom present, only for major symptoms)**
- | | | |
|--|---|--|
| <input type="checkbox"/> Depressed mood | <input type="checkbox"/> Feeling hopeless | <input type="checkbox"/> Excessive worry |
| <input type="checkbox"/> Loss of interest in activities | <input type="checkbox"/> Irritability | <input type="checkbox"/> Excessive anger |
| <input type="checkbox"/> Loss of energy | <input type="checkbox"/> Changes in appetite | <input type="checkbox"/> Excessive guilt |
| <input type="checkbox"/> Loss of interest in sex | <input type="checkbox"/> Excessive fatigue | <input type="checkbox"/> Thoughts of death |
| <input type="checkbox"/> Loss of interest in social activities | <input type="checkbox"/> Excessive self-blame | <input type="checkbox"/> Thoughts of suicide |
| <input type="checkbox"/> Loss of interest in work | <input type="checkbox"/> Excessive self-criticism | <input type="checkbox"/> Thoughts of self-harm |
| <input type="checkbox"/> Loss of interest in hobbies | <input type="checkbox"/> Excessive self-hatred | <input type="checkbox"/> Thoughts of suicide |
| <input type="checkbox"/> Loss of interest in family | <input type="checkbox"/> Excessive self-loathing | <input type="checkbox"/> Thoughts of suicide |
| <input type="checkbox"/> Loss of interest in friends | <input type="checkbox"/> Excessive self-hatred | <input type="checkbox"/> Thoughts of suicide |
| <input type="checkbox"/> Loss of interest in life | <input type="checkbox"/> Excessive self-hatred | <input type="checkbox"/> Thoughts of suicide |

Coping Skills CHALLENGE

4 COPING SKILLS I'M GOING TO TRY THIS YEAR

1) _____

2) _____

3) _____

4) _____

3 CHALLENGES I MIGHT FACE THIS YEAR

1) _____

2) _____

3) _____

2 PEOPLE THAT WILL HELP ME IF I NEED IT:

1) _____

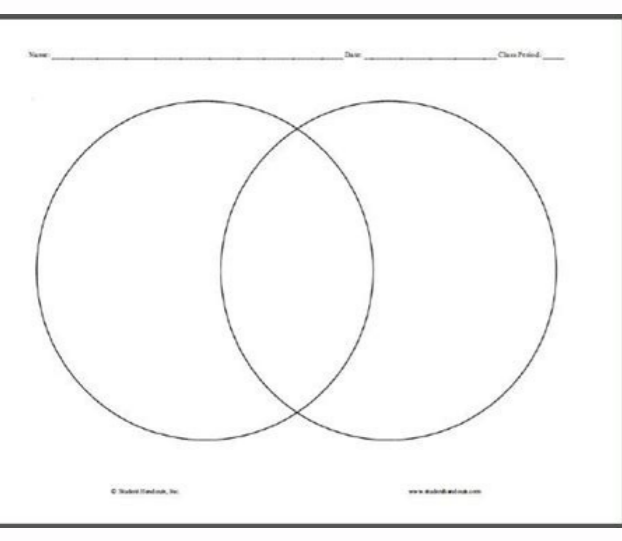
2) _____

1 PERSON RESPONSIBLE FOR MY BEHAVIOR: _____

Pain Diary
Record what you were doing and how much pain you were in

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
07:00 - 08:00							
08:00 - 09:00							
09:00 - 10:00							
10:00 - 11:00							
11:00 - 12:00							
12:00 - 13:00							
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social anxiety disorder is a mental health condition characterized by excessive fear and anxiety about social situations. It is often comorbid with depression, meaning that individuals with social anxiety also experience symptoms of depression. The relationship between social anxiety and depression is complex and bidirectional. Social anxiety can lead to depression due to the isolation and negative thoughts associated with it. Conversely, depression can exacerbate social anxiety by making social interactions feel more daunting and overwhelming. Both conditions can significantly impact a person's quality of life, affecting their ability to work, study, and maintain relationships. Treatment for both conditions often involves a combination of therapy, such as cognitive-behavioral therapy (CBT), and medication. Understanding the connection between these two conditions is crucial for effective diagnosis and treatment.

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