

Emotional check in: coping strategies



This chart encourages young people to think about what coping skills they have been using and if these have been positive or negative in helping them to deal with, manage or process their emotions.

Recognising this will help them to identify ways in which they can more effectively support their mental health and wellbeing, which will help them to become more independent and resilient in the long term.

Teachers can also use this chart as a monitoring tool or a conversation starter with both young people and parents and carers.

Name: _____

Date: _____

Emotional check in



This chart can help you to think about which positive coping strategies you can use to manage and process how you are feeling.



In the past week I have...

	Once	Many times	Not at all
Enjoyed spending time with a loved one			
Lost my temper			
Completed school work			
Felt able to talk to an adult about my feelings if I needed to			
Walked away from someone when they were still talking to me			
Felt able to talk to a friend about my feelings if I needed to			
Planned things to look forward to			
Eaten healthily			
Ignored someone on purpose			
Exercised			
Felt upset			
Spent time outside			
Got enough sleep			

We can use coping strategies to help us to manage our feelings and/or thoughts.



1. The coping strategies I used the most last week were:

Positive coping strategies help us to deal with emotions and stress and they help us to feel less distressed.

Negative coping strategies are not as helpful for helping us to communicate how we are feeling and may increase our stress levels.



2. My positive coping strategies are:

3. My negative coping strategies are:

4. I know they are positive/negative because...

5. Next week I plan to use these strategies or try this instead:

6. I think this will benefit me because...

7. I can remind myself to use these new strategies by... (e.g. asking an adult, having a reminder of my strategies somewhere I can see them etc).

8. If I need some extra support I can:
