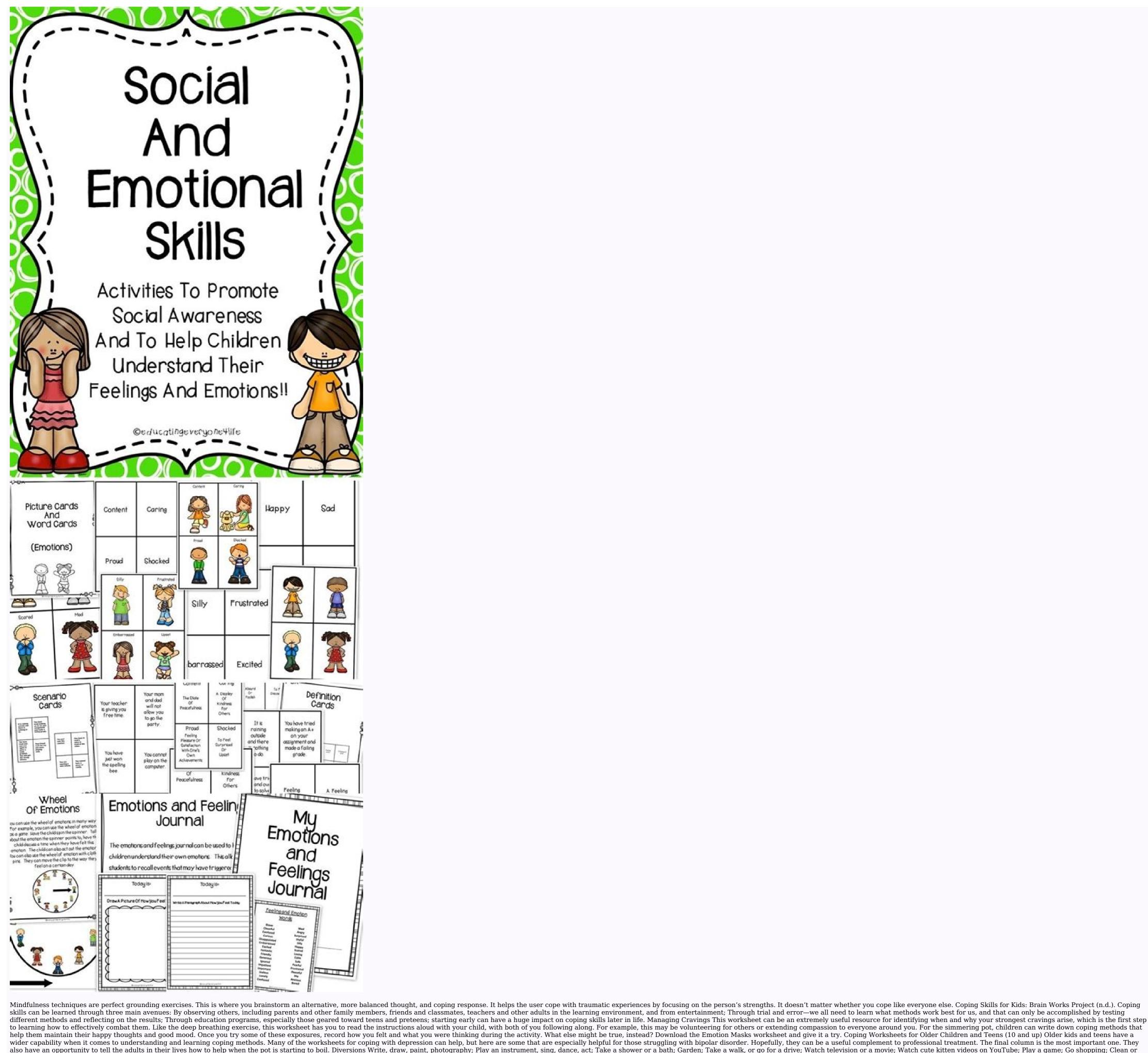


<b>Socialization</b> s	skills worksheets	for adults 2nd	quarter
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Doing Chor	'es Name	
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Improve your concentration and focus with these 12 exercises.



organize your environment; Read; Take a break or vacation. Fighting Irrational Thoughts with Logical Response Fresh Thought The goal of this technique is to challenge your negative and/or irrational thoughts and replace them with fresh, more positive, logical, and realistic thoughts. Asking yourself these simple but profound questions can help you move from fretting to feeling better. Children can use this worksheet by writing down some coping skills for each situation. Click to see the Coping Skills Inventors recommend filling out an entry at least twice a week and spending about 10-20 minutes on each one. Encourage your child to put his or her imagination to good use. One example is to imagine your senses on that place in order to go there in your mind. It takes some work to follow these tips, but they are sure to provide you with the strength and resilience you need to navigate difficult times week. The three worksheets helow should help you deal with the difficult feelings that come with depression. The second is to breathe deeply and calmly throughout. If so, don't be too hard on yourself method-a win for both parent and child. Click here to give The worksheet provides several methods of Interoceptive Exposure This Interoceptive Exposure This Interoceptive Exposure that the difficult interoceptive Exposure. Deep Breathing For Kids is an easy, simple, and free coping method-a win for both parent and child. Click here to give The worksheets can be found at the bit of these worksheets can be found at the bit of these worksheet and here in the potential benefits are not exclusive to adults—kids can also get in on this practice. Will his matter a year from now? If I look at the situation positive you go from negative and/or irrational thoughts. (n.d.). Put your creativity and imagination to use, and think of all the times you put on a "mask" to hide how you feel. Then, the person is instructed to name strengths that helped him here a year from now? If I look at the situation positive and reading the feeling wil

Relaxation, and it can be done anywhere and anytime your child feels overwhelmed with emotion. What are your favorite coping Make a gratitude list; Brainstorm solutions; Lower your expectations of the situation; Keep an inspirational quote with you; Be flexible; Write a list of goals; Take a class; Act opposite of negative feelings; Write a list of pros and cons for decisions; Reward or pamper yourself when successful; Write a list of strengths; Accept a challenge with a positive attitude. The worksheet first instructs you to list the catastrophe you are afraid of and rate how bad you think it will be on a scale from 0 to 100. You'll then walk your child through the process of scrunching and tightening parts of the body before relaxing into their noodle state. Under the second pot, they should write down ways to cope when they're feeling a little off or out of sorts. Social/Interpersonal Coping Talk to someone you trust; Set boundaries and say "no"; Write a note to someone you care about; Be assertive; Use humor; Spend time with friends and/or family; Serve someone in need; Care for or play with a pet; Role-play challenging situations with others; Encourage others. By exposing you're anxious, you'll become more comfortable with them and less likely to panic when they arise. This is a simple but powerful way to compare your two possible futures and to help you see which one is more appealing. You might write something like "knot in my stomach, hopeless." The fourth column provides space to rate the intensity of your craving from 0 to 100. Challenging Negative Thoughts Just in case you skipped ahead, the Getting Rid of ANTs, Identifying ANTs, and Positive Thought Replacement worksheets above offer different ways to deal with those pesky negative and irrational thoughts that can plague all of us. There are also suggestions for what to focus on in each part of the body outline. My Feelings, My Body presents the opportunity to talk through whatever your child draws. How do you make sure those coping skills are healthy? Even though we all know that these negative effects are potential outcomes of substance abuse, addiction can make it extremely difficult to pull away. For each option and the ups and downs of not choosing each option. To simulate breathlessness, you can breath ethrough a straw for several minutes, or hold your breath for about 30 seconds. Click to download this Preventing Relapse worksheet. Other Coping Skills These are just a few of the coping skills kids can use to deal with stress, anxiety, anger, and other difficult emotions. The full steps can be seen here, but this is the outline: Sit or stand tall but comfortably, and close your eyes; Take three deep breaths through your nose; Start from your feet and work your way up to your head, totally relaxing all the muscles in each area; If you want to, you can take another relaxing sweep from your head back down to your feet. The exercise is simple: You just write down what you are grateful for. Is there evidence contrary to my thought? Let us know your thoughts in the comments below. Some of the ways we cope are healthy and build resilience, while others are ways to avoid dealing with a problem or are destructive. Help your child complete this worksheet, making suggestions if needed, and you can be involved in practicing good decision-making. The seven modes are: Feelings/affect (what you feel and what makes you feel this way); Behavior (actions, coping strategies, what you do or avoid doing); Cognition (thoughts, attitudes, beliefs, values, opinions, and thought patterns); Sensations (what you see, hear, taste, smell, touch, what makes you feel pain or tension, your sexuality); Physical Health (physical exercise, diet, sexual health, substance use). The worksheet has four columns to work through. My Feelings, My Body This worksheet is simple—it's just an outline of a body, along with instructions for putting it to use. For each situation, they can write down things that an adult can do to help maintain their happy mood, calm them down, or help them address some really bad moods. The categories include: Distraction; Grounding; Emotional Release; Self-Love; Thought Challenge; Access to Your Higher Self. This exercise can help you balance out the good and bad potential outcomes, and take on a more realistic outlook. The second instructs you to list three people that can provide you with the social support you need when you are feeling overwhelmed can be a great way to take you back to feeling sis to identify and confront them. This worksheet can be helpful for older kids and for adults since we all wear masks sometimes. Retrieved from Psychology (n.d.). Retrieved from ReachOut.com (n.d.) Retrieved from Mental Health Wellness Week (n.d.) Retrieved from Psychology (n.d.). "What if?" it's Positive? Good Coping Skills Practicing meditation and relaxation techniques; Engaging in physical activity or exercise; Reading; Spending time with friends; Finding humor; Spending time on your hobbies; Engaging in spirituality; Spending time with friends; Finding humor; Spending time on your hobbies; Engaging in spirituality; Spending time with friends; Finding humor; Spending time on your hobbies; Engaging in spirituality; Spending time with friends; Finding humor; Spending time on your hobbies; Engaging in spirituality; Spending time with friends; Finding humor; Spending time on your hobbies; Engaging in spirituality; Spending time with friends; Finding humor; Spending time on your hobbies; Engaging in spirituality; Spending time with friends; Finding humor; Spending time on your hobbies; Engaging in spirituality; Spending time with friends; Finding humor; Spending time on your hobbies; Engaging in spirituality; Spending time with friends; Finding humor; Spending time on your hobbies; Engaging in spirituality; Spending time with friends; Finding humor; Spending time on your hobbies; Engaging in spirituality; Spending time with friends; Finding humor; Spending humor; Sp bogged down with worrying about all the bad things that can happen, but this exercise can help balance out those negative reaction in the next column along. To practice feeling lightheaded or dizzy, you can twirl around in a desk chair, twirl around while standing, or shake your head from side to side before looking straight ahead with open eyes. Below, you'll find Blake Flannery's master list of coping methods and skills organized into categories (2016). Limit-Setting Drop some involvement; Prioritize important tasks; Use assertive communication; Schedule time for yourself. Negative Coping Skills Using drugs; Drinking alcohol excessively; Engaging in self-mutilation; Ignoring or bottling up feelings; Taking stimulants; Working too much; Avoiding your problems; Being in denial. In general, challenging Automatic Negative Thoughts - or ANTS - frequently involves answering some questions that can help you address them directly, including: Is there substantial evidence for my thought? Retrieved from Unstress Yourself (n.d.). 6 Coping Skills Worksheets for Adults There are so many coping skills worksheets for Adults There are so many coping skills worksheets for Adults There are so many coping skills worksheets for Adults There are so many coping skills worksheets for Adults There are so many coping skills worksheets for Adults There are so many coping skills worksheets for Adults There are so many coping skills worksheets for Adults There are so many coping skills worksheets for Adults There are so many coping skills worksheets for Adults There are so many coping skills worksheets for Adults There are so many coping skills worksheets for Adults There are so many coping skills worksheets for Adults There are so many coping skills worksheets for Adults There are so many coping skills worksheets for Adults There for Youth Kids are certainly not immune to stress, so healthy coping methods are just as valuable for children as they are for adults. For more ideas, see the following articles: Coping Skills Worksheets for Mental Illness Coping with mental illness coping with mental illness coping with mental illness. nervous about giving a presentation, you might write "What if I freeze and can't speak?" on the negative side, and "What if I stumble, but laugh about it?" on the positive side. In the first column, identify the situation in which a craving arose, including what happened, where you were when it occurred, and who you were with. Have your feelings changed? Simply thinking through the likelihood and possible outcomes of a catastrophe you are fixated on can help you to decrease your anxiety about the potential situation. If you're still hungry for more coping worksheets, check out our Cognitive Distortions article, which is packed with tons of resources to help you cope with any problem you may be experiencing. Suggestions from Mental Health Wellness Week The Mental Health Wellness Week website also describes some coping skills, including some that are positive and encourage mental health, and others that are destructive and are used to avoid your problems. Part 1 instructs you to list the physiological signs and symptoms of stress, brainstorm some common responses to stress, and rate your levels of stress with each event or situation that can act as a trigger. Growing Stronger From Trauma Bright and colorful, this Growing Stronger From Trauma Bright and colorful B nutshell, Start out by standing with your feet slightly apart and your shoulders tall. An activity that causes stress in one individual might help another person cope. It's also a great way for them to let adults in on how they're feeling and what they need when the going gets tough. Imagery can be a powerful tool, especially in a particularly difficult moment. The worksheet instructs you to imagine the worst possible outcomes, and how you'd cope if those outcomes came true. Reading this article may have realized that some of the ways you cope are not healthy or constructive. It's a simple worksheet, but it can be useful for guiding a child through a difficult decision. The goal for the simmering pot is simply to keep it simmering. In a Nutshell involves body relaxation as well as self-compassion by teaching children to do the "nutshell" a body position that promotes feelings of calm and safety. These worksheets will help you come up with a solid and thought-out plan for dealing with stress and overcoming urges to cope in unhealthy ways. No matter how mentally healthy, resilient, or happy we are, every one of us goes through times when we need to cope with something difficult. You can use this worksheet to create a master plan for combating stress that's caused by any mental health issues, including depression, anger, anxiety, or irrational thinking. With their vivid imaginations, kids are especially adept at using imagery. The first column is split into three parts: Present sources; and Expected future problems and stressors. In the Challenging Thoughts section, you can list the ways that you can effectively challenge the negative and unhelpful thoughts that arise. And to simulate feelings of unreality, you can stare at yourself in a mirror without blinking for two minutes, stare at a dot on a blank wall, or stare at a 60-Watt light for one minute before trying to read small issue. Coping Worksheets for Young Children (Under 10) To help children identify and work through difficult feelings, it can help to engage them in a fun activity, like the ones described in these worksheets and tools. Retrieved from www.copingskills4kids.net Flannery, B. No matter what you need in a given moment, there is probably at least one activity listed below that will help. Retrieved from Therapist Aid (n.d.). It also provides some ideas for how to use imagery. You can download the free PDF here. These engaging, science-based exercises will help you to effectively deal with difficult circumstances and give you the tools to improve the resilience of your clients, students or employees. Use the last column to re-assess the credibility of your Automatic Negative Thought once more. Write down at least one problem or source of stress in each category. In the grounding section, you will list the ways that you can ground yourself in the present and keep your mind focused on what is happening around you. You can also put your head between your thighs and then sit up quickly. Noodle Caboodle Another exercise borrowed from mindfulness training, Noodle Caboodle is simply a child's version of progressive muscle relaxation. Retrieved from www.unstressyourself.com/ Give this exercise a try, and encourage the flow of gratitude! Anxiety Many people experience anxiety as a normal part of life and are able to combat it, but when it gets to be too much to deal with, there are many coping methods at our disposal. Children may not have the same stressors as adults, but their problems are just as difficult to face as the problems of their elders. The second column is where you can identify the resources that help you cope. If you're still looking for more coping methods, see these suggestions for positive coping methods from mental health organization Reach Out Australia. The worksheet also has the person list strengths he or she gained because of the traumatic experience, and also write about how he or she feels about those new strengths. That might mean watching a funny movie when you're sad, calling a friend to help you get through a breakup, or going out for a drink after a challenging workday. Simply identifying what is happening to us when we are stressed and upset is the first step toward successfully addressing the problem. (2016, December 18). Gratitude journal keeping a gratitude journal is more of a long-term maintenance method than a way to feel better immediately, but it's a powerful tool nonetheless. The Practicing Self-Love section is where you can write down how you practice self-compassion and show yourself appreciation, like treating yourself to a massage or writing down good things about yourself. Preventing Relapse This worksheet can be an excellent resource for outlining a plan for remaining sober. In the next, Alternative Thoughts, try to come up with facts that challenge the

credibility of that negative thought. The worksheet encourages you to tell your child that this exercise can help him or her relax and to encourage him or her to practice it regularly Noodle Caboodle is a great exercise to join in on with your child. The third column is your space for thinking of the things that can get in the way of your coping, like strict deadlines at work, tensions in your personal relationships, etc. Try some of these methods and add the ones you like to your proverbial toolbox—that way, you can use them most. A list of coping skills for anger, anxiety, and depression. How about five years from now? Coping: Stressors and Resources Coping - Stressors and Resources helps you to identify the sources of your stress and sadness. Don't forget to download our 3 Resilience Exercises for free. To make it easier for you, we've selected some of our favorites and included them below. Part 2 will help you to brainstorm new and healthier ways to cope with your stress. This website is an excellent resource for learning about kids and coping. 60+ Essential Positive Coping Skills There are nearly infinite ways to cope, and we all use the methods that suit our unique personalities and needs. The second column is where you write down the mental processes that went through your mind when the craving hit, like "I'm weak and I'm useless, I might as well give in." The third column is for sensations, where you identify the emotions and physical sensations you felt when the craving hit. The child is responsibility is to aid them in their goal. We hope you enjoyed reading this article. Retrieved from Getselfhelp.co.uk (n.d.). This worksheet can help people see the silver lining of a traumatic experience, and help them recognize the strengths that allowed them to cope with that trauma. These can be coping skills, exercises, and techniques that you have found to be helpful. Finally, you once again rate how bad you think the catastrophe would be. Visualization For Kids This is another technique that is frequently used by adults to address stress, anxiety, or anger. Finally, you brainstorm ways to cope with the situation that reduce or eliminate your stress. The worksheet starts by asking the person to list five strengths he or she had before the traumatic incident. It emphasizes that good coping skills must be learned because no one is born with all the coping skills they need. When we are feeling depressed, it's much more difficult to not buy into those thoughts. For example, you might write something like, "I overreacted to the situation. Coping with Stress exercise. It lists the seven different modes or factors that influence recovery, provides space to write down the problems you have in these areas, and prompts you to decide what you need to quit doing, or reduce, and what you need to start doing or increase, to facilitate recovery. Have some new possibilities emerged? Acknowledging the positive can construct a buffer of "good" around you that makes it harder for the "bad" to get in. Given this reality, it is essential to learn the skills and tools we can use to combat the negative effects of mental illness. Spiritual Pray or meditate; Enjoy nature; Get involved in a worthy cause. Retrieved from Schuder, K. Simply noticing the good things in your life is a great way to protect yourself against the negative. For each modality, think of the problems you face and make a plan to stop or reduce the actions that do not facilitate your recovery and start or increase the actions that will help you to thrive and build resilience. The first is to utilize all five of your senses—the more sensory-rich the imagery is, the more effective it will be. Then, crouch down so that your bottom is down to your heels, and wrap your arms around your legs. Of course, it should complement treatment from a qualified professional rather than standing on its own. There are three columns with illustrations of pots: one at a simmer, one at a rolling boil, and one bubbling over. Parents or quardians can encourage their children to practice this exercise frequently in order to feel better. On the other, you list the potential outcomes of staying sober. Next, put your nose or chin on your knees, if it's comfortable. This worksheet is a great way for kids to think about and plan ahead for stressful and difficult situations that will arise. There are many ways to use this worksheet, such as having your child: Draw what different emotions look like Draw a diary of their school day, or Splitting the outline in half with a vertical line to compare the good and bad things they have heard, seen, or done recently. This guided script includes basic steps to deep breathing that you can read aloud to your child very easily. American Symbols & Holidays Flag Day American Symbols & Holidays Fourth Grade Social Studies Rhyming Words Second Grade English Language Arts Cause/Effect, Fact/Opinion Fourth Grade English Language Arts Snack Attack: Counting ChangeShopping is fun, but it can be educational, too! Your child will count each group of coins, then draw lines to connect them to their corresponding price tags. Social (communication with others, relationships); and Mental Imagery (the pictures in your mind, your self-image, fantasies); Beside each mode, identify the problems you encounter. No matter what you're going through, there's no shortage of ways to cope. The section on Tapping Into Your Best Self is for listing the things you do that help you access your 'higher self'. Another is to imagine your favorite person—someone that makes you feel safe, fictional characters you like, or a higher power (if you believe in one)—and to focus on what they look like, what they say, and what it feels like to be with them. Deep Breathing For Kids Breathi Situation (who, what, when, where); Automatic Thoughts (what was going through your mind, thoughts or images). Modes Influencing Recovery This worksheet helps kids to think through a difficult decision by listing the ups and downs, or pros and cons, of each choice. Depression There are several effective ways to cope with depression, many of them borrowed from cognitive behavioral therapy. Bipolar Disorder Bipolar has you compare a relaxed body to wet noodles. These worksheets are intended to help you face this challenge head-on, although they aren't a replacement for interacting with a qualified professional. It first instructs you to identify the ways in which you can and cannot control the situations that trigger you. Even if it doesn't make sense to you, let your child draw or write whatever comes to him or her and encourage a discussion about it afterward. On one side, you write down the potential outcomes of relapsing. Click here if you'd like to give this worksheet a try. For more information on coping with substance abuse and addiction, check out these articles, websites, and worksheets: A Take-Home Message We hope you walk away from this article knowing that there are hundreds of positive ways to cope when facing challenging or demotivating situations. Decatastrophizing This is a great worksheet for anyone suffering from panic or anxiety. Am I attempting to interpret this situation without all the evidence? Coping is something we all do, whether we do it consciously or without thinking. The first part provides space for you to list coping strategies that are geared toward more mature youth. For example, if you are struggling with substance abuse, you might write "putting

myself in dangerous situations" for the behavior modality, or "wanting to use when I get depressed" in the affect/emotions category. The final section contains tips to help you avoid relapse, like distracting yourself from cravings and avoiding situations that will put you at risk of relapsing. The goal for the pot at a rolling boil is to return it to a simmer. Substance Abuse Recovery and Relapse Prevention Worksheets Substance abuse can be a huge drain on our relationships. What would a friend think about this situation? The worksheet lists goals that correspond to each boiling stage, and they correspond to the responsibilities of both the child and the adult when stress, anxiety, or anger take over. The worksheet encourages the child to practice this regularly in times of stress, sadness, or anxiety. Then, you brainstorm ways to cope with a triggering situation in the moment. Bubbling Over Bubbling Over uses the metaphor of a pot boiling over to explain feeling overly stressed, angry, or anxious. 10 Ways to Build Resilience Aside from using the positive coping methods, the Mental Health Wellness Week website also suggests ten tips you can put to use to strengthen your mental state and build resilience to life's stressors: Build up your confidence; Accept compliments when they are given to you; Make time for your loved ones; Give support to others when needed and accept support from others when needed; Create and stick to a realistic budget; Volunteer in your community; Find ways to manage your stress on a regular basis; Share your shifting moods; Learn how to be at peace with vourself. This worksheet is a great way to begin dealing with your stress. In the last section, you have space to list the positive and reassuring things you want to say to yourself about the catastrophe. What popped up that was unwelcome or seemingly came out of nowhere? Coping skills worksheets for adults. Progressive Relaxation: Easy Basics This is a slightly more mature version of the Noodle Caboodle exercise described above. Ups and Downs Children that love making lists, thinking about pros and cons, or coming at problems with a well-thought-out plan will learn about how to help them when they need you most. You'll then consider the actual likelihood of that event, how awful it would be if it happened, and how you'd cope. First, you write down a more reasoned response, perhaps something like "There are billions of people in the world, and there's no way they all hate me." Finally, you write down a fresh thought to replace the negative one, such as "Some people may not like me." To learn more about this technique and see an example worksheet, click here: Fighting Irrational Thoughts With Logic, If they're having trouble understanding the steps, you can help model how to do them. On each side, write down the possible outcomes of the same situation column, describe what happened to trigger a negative reaction. In this piece, we'll provide more than 60 healthy coping strategies, explain why they're different from negative coping methods, and provide worksheets that teach you how to cope in a more positive way. The third section encourages you to think about the consequences of your actions. Think of it as coming up with a "glass half full" way to think about things as well as a "glass half full" way to think about things as well as a "glass half full" way to think about the consequences of your actions. Think of it as coming up with a "glass half full" way to think about things as well as a "glass half full" way to think about the consequences of your actions. Think of it as coming up with a "glass half full" way to think about the consequences of your actions. that help you vent, express your feelings, and move on, like screaming into a pillow or punching bag. Now, the creative part: At the end of the worksheet, there is space to draw the mask or masks you frequently use to hide your feelings. The goal for the bubbling over pot is also to return it to a simmer, but it may require some more drastic action to get there. It also instructs you to list resources you can use to help you cope, some of the obstacles that hinder coping, and the strategies you can use to overcome the obstacles. The final column provides a space to write down how you can use to help you cope, some of the obstacles that hinder coping, and the strategies you can use to overcome the obstacles. those deadlines or attending couples counseling to address the problems in your relationship. Bias With this worksheet, you will think of positive and negative outcomes that can result from different situations. This worksheet identifies two keys to effective imagery. It presents some examples of imaginary masks, like acting fine when you don't feel fine or acting angry when you really feel hurt. If you aren't great at the skills in any of these categories, that's okay! Just write down why you struggle with it and what you plan to do to improve your skills. Coping Skills Inventory This colorful worksheet helps you to categorize the different coping mechanisms you find most helpful. It can be employed for just about any behavioral or mental health problem, including substance abuse and addiction.

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