



TrueSport[®]

Activity: *Create Coping Mechanisms*

TrueSport Expert [Deborah Gilboa, MD](#) recommends sitting down as a family to create a list of coping mechanisms for future times of upheaval.

Follow the steps:



1. As a family, make a giant list of every coping mechanism that you use, from binge-watching TV to going out for a run. Make the list as extensive as possible, including both healthy and unhealthy strategies.



2. Next, scratch out the coping mechanisms that are damaging to yourself or to someone else. You can keep the neutral items, like binge-watching TV, since that's unlikely to harm anyone. As a family, you might need to debate what's acceptable to everyone and when various mechanisms can be applied. No two family's lists will look alike!



3. Copy that new list over to a clean sheet of paper: This is your list of neutral and positive coping mechanisms. (Save this list, since you can use it when a different crisis arises.)



4. Lastly, for this crisis, look at the list and make a new one of all the coping mechanisms that you can use now. Things like shopping or getting dinner with a friend will get crossed off for now. Keep this final list where everyone can see it so that coping strategies are top of mind.