

Coping Mechanisms

Stress is easier to handle when you are intentional about how you manage feeling uncomfortable.

- In the first column put everything you might do to distract yourself when you're upset or uncomfortable or don't like how you feel
- In the second column copy over only the things that aren't damaging to you or to anyone else
- In the last column copy the things from the second that you can do at practice or a competition or while engaging in your sport
- When you're done, pick from the last list to comfort yourself when you're having a hard time. This will build your resilience!
- Talk to teammates, coaches, parents, mentors about what you can add to your list

What helps you feel better?	Which of those are healthy for you?	Which of these can you use during sport?
(All coping mechanisms)	(Positive/neutral coping)	(Situation specific positive/neutral coping)