

CREATE YOUR OWN COPING CHART

Want a methodical approach to accessing your coping strategies? A **coping chart** is a tool that you can turn to in times of stress.

Check out the following example:

	Day	Night
Alone	Go for a run Meditate Writing in a journal	Read a good book Take a hot bath Play guitar
With Others	Make plans with best friend Shoot hoops Ask for help	Take a dance class Volunteer at the local community centre Work in the garden with a friend

Create a table of your own version by listing activities that help you to cope and then sort them as seen above.

Distinguish between activities you would do alone versus with others, and during the day versus at night.

Lastly, take a picture of your coping chart with your phone so it's ready at hand.

Source: Ryerson University - [Thriving in Action](#)

