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