



# TrueSport<sup>®</sup>

## 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.