

# Emotion-Focused Coping Skills



Exercise



Take a bath



Give yourself  
a pep talk



Meditate

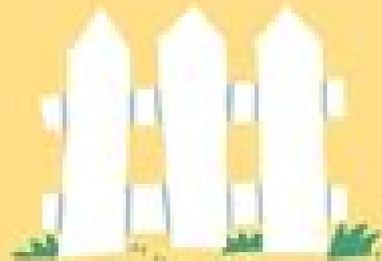
# Problem-Focused Coping Skills



Work on  
managing time



Ask for support



Establish  
healthy boundaries



Create a  
to-do list

# Facts And Sources Life Coping Skills Series

**S Ashworth**



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