

Losses through Life Coping Skills

Walk

Write

Eat/not eat

Drink alcohol

Medications/drugs

Exercise

Pray

Help others

Watch TV

Work/play on computer

Run away-emotionally or physically

Replace lost item-i.e. pet

Talk to someone supportive

Become isolated

Party too much

Spend time with animals

Spend time with young children

Spend time in nature

Spend time with hobby

Cry

Others _____