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______________________________________________