

# Emotion-Focused Coping Skills



Exercise



Take a bath



Give yourself a pep talk



Meditate

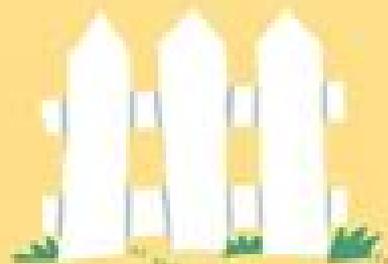
# Problem-Focused Coping Skills



Work on managing time



Ask for support



Establish healthy boundaries



Create a to-do list

# Coping Behavior

**David Kirk**



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