

FEELINGS MATCH UP

INSTRUCTIONS Print off the 99 coping skills list.

Find coping skills from the list that could help when you experience each of the feelings listed below. You might use a coping skill more than once, or add some that aren't on the list. Once you're done, keep the list in a safe place so you can refer to it when you need help dealing with your feelings.

<p>Stressed </p> <p></p>	<p>Depressed </p> <p></p>	<p>Bored </p> <p></p>	<p>Scared </p> <p></p>
<p>Lonely </p> <p></p>	<p>Anxious </p> <p></p>	<p>Sad </p> <p></p>	<p>Angry </p> <p></p>

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