

# humantold

## Strengthening Healthy Habits

This activity is meant to help you recognize existing coping skills and resources. Then evaluate whether you would like to increase the amount of their use in situations or if you would like to reduce the use of this coping.

To begin, note some of the ways you have recently coped with feeling down, troubled, irritable, or stressed. Circle or highlight the ones you rely on the most. Some examples are included.

<b>Things that make me feel better:</b>
<b>Consuming things (comfort food, alcohol)</b>
<b>Distractions (TV, social media)</b>
<b>Substance Use (smoking, drug use)</b>
<b>People (talking to or being around others)</b>
<b>Activity (exercise, cooking, reading)</b>
<b>Avoidance or procrastination (staying in bed, avoiding people)</b>
<b>Self-expression (creativity, yelling)</b>
<b>Other coping:</b>

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## Evaluating Our Habits

For this to work, start small and target one thing you would like to increase and one you want to decrease.

I would like to reduce my use of:

I would like to increase my use of

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For each ask:

- What are the advantages of making this change? How will it help you?
- What will be difficult about making this change?
- What situations do you go toward these coping strategies and what could you do instead?

## Reflection:

- After a few weeks if you have been able to make the change decide if there are any other coping strategies you would like to adjust.
- If so, try this practice again after asking if there are any additional tips you could give yourself to help this process.
- If you had difficulty making the change, what obstacles presented itself and what tips would you give yourself if you were to try again?

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