

Coping Skills for Teens Workbook

Cope with stress and support your mental health by tuning into your thoughts, expressing your emotions, and caring for your body and mind – designed for teens.

- **Thought Record for Teens**
- **Encouraging Emotional Expression for Teens**
- **Self-Care Checklist for Teens**



Coping Skills for Teens Workbook

Coping skills come in many forms, including deep breathing, talking about our feelings, healthy habits, and enjoying time with supportive friends and family. **This workbook is designed to introduce a variety of coping skills to teens, so they can better manage their feelings during times of stress.** By engaging with these worksheets, you can take active steps toward better mental health and well-being for yourself or your child.

Here is a brief introduction to each worksheet included in this package:

Thought Record for Teens

This worksheet helps teens break experiences down into thoughts, feelings, sensations, and behaviors. This exercise helps them slow down, understand their difficult thoughts and big feelings, and decide how to cope.

Encouraging Emotional Expression for Teens

This worksheet provides tools for teens to explore their emotions, helping them identify and express their feelings in healthy ways to supportive others. It builds emotional intelligence and encourages teens to express their feelings in safe ways.

Self-Care Checklist for Teens

This worksheet helps you assess your current self-care practices and identify areas where you could prioritize your own well-being. Self-care helps teens support healthy minds, bodies, and mood.

**This worksheet provides information but is not a substitute for therapy. It works best with guidance from a professional.*



Thought Record for Teens

When we have big emotions, it can be helpful to check in with our thoughts, feelings, sensations, and behaviors. This check-in process helps us slow down, so that later, we can decide how best to cope. We've written in a few examples below to show you how to use this worksheet.

What happened?

Write about what happened. What caused your big emotion?

- *Someone teased me in the hallway and a lot of people laughed*
- *I got blamed for something that wasn't my fault*
- *My friend messaged me, telling me we need to talk*

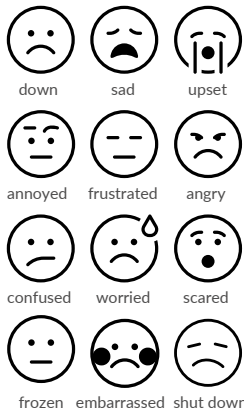
What did you think?

What words or images went through your head?

- *Everyone must think I'm dumb. I don't think I can show my face at school tomorrow*
- *This always happens to me! It's not fair!*
- *Is she mad at me? Did I do something wrong? Does she not like me anymore?*

How did you feel?

Choose from the emojis below, or draw your feeling.



How did your body feel?

Check off any body sensations.

- | | |
|--|------------------------------------|
| <input type="checkbox"/> Fast heartbeat | <input type="checkbox"/> Tired |
| <input type="checkbox"/> Fast breathing | <input type="checkbox"/> Slouched |
| <input type="checkbox"/> Shaky or dizzy | <input type="checkbox"/> Curled up |
| <input type="checkbox"/> Tense muscles | <input type="checkbox"/> Sweaty |
| <input type="checkbox"/> Too much energy | <input type="checkbox"/> Frozen |
| <input type="checkbox"/> Fidgety | <input type="checkbox"/> Unsteady |
| <input type="checkbox"/> Flushed face | <input type="checkbox"/> Pressure |
| <input type="checkbox"/> Teeth clenching | <input type="checkbox"/> Numb |
| <input type="checkbox"/> Lump in my throat | <input type="checkbox"/> Pain |
| <input type="checkbox"/> Too hot | <input type="checkbox"/> Other: |
| <input type="checkbox"/> Too cold | <input type="checkbox"/> _____ |

What did you do?

What actions did you take? Or, what did you feel like doing?

- *I just stood there and looked at the ground. I tried not to show I was bothered*
- *I clenched my fists and argued. I felt like yelling and throwing something*
- *I just wrote "ok" and then ignored my phone for as long as I could*

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Thought Record for Teens

When we have big emotions, it can be helpful to check in with our thoughts, feelings, sensations, and behaviors. This check-in process helps us slow down, so that later, we can decide how best to cope. This page is blank so you can write in your answers.

What happened?

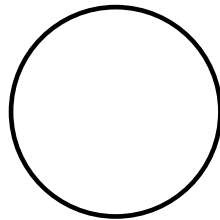
Write about what happened. What caused your big emotion?

What did you think?

What words or images went through your head?

How did you feel?

Choose from the emojis below, or draw your feeling.



How did your body feel?

Check off any body sensations.

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| <input type="checkbox"/> Lump in my throat | <input type="checkbox"/> Pain |
| <input type="checkbox"/> Too hot | <input type="checkbox"/> Other: |
| <input type="checkbox"/> Too cold | <input type="checkbox"/> _____ |

What did you do?

What actions did you take? Or, what did you feel like doing?

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Thought Record for Teens

Our thoughts and feelings are important! They give us important information. But sometimes, thoughts and feelings can be so big that you may need some help regulating. Here are four sets of questions to help you regulate using your thoughts, sensations, feelings, and/or behaviors.

Thoughts

- Is my thought helpful, true, or kind?
- If not, is there another way to think about this situation?
- Learn about cognitive distortions
- Is there a problem to solve? Who could help me with that problem?

Sensations

- Is my environment too hot, loud, bright, or crowded?
- Is my environment too cold, quiet, or dark?
- Is my body feeling too tense or energetic?
Can I stretch, exercise, or take deep breaths?
- Is my body feeling too sluggish? How can I get my body moving again?

Feelings

- Do I need to let my feelings out?
 - Talk to a family member, friend, or pet
 - Draw or write about my feelings
 - Sing, hum, dance, or move to music that helps me feel better

Behaviors

- Do I need to take a break?
- Is there something I can do to get my mind off my feelings?
 - Make or draw something
 - Play a game, take a walk, ride my bike
 - Relax with music, reading, or a bath
 - Spend time with someone I love

What did you try?

Did a regulation idea work the way you hoped?

What will you try next time?

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Encouraging Emotional Expression for Teens

This worksheet is designed for teens to complete to help them **identify, understand, and express their emotions in a healthy way**. By working through this exercise, you will build your knowledge of your own emotions and how you can safely express them.

PART 1: Learning About Emotions

Explore some of the different emotions we can experience throughout the day. By learning to recognize a wide range of emotions, you can better understand your feelings and communicate them more effectively.

POSITIVE EMOTIONS		NEGATIVE EMOTIONS	
Happy	Joyful	Sad	Devastated
Excited	Warm	Angry	Disgusted
Grateful	Peaceful	Anxious	Envious
Proud	Relieved	Confused	Exasperated
Content	Secure	Frustrated	Stressed
Confident	Tender	Lonely	Gloomy
Amused	Thrilled	Scared	Helpless
Calm	Trusting	Guilty	Resentful
Cheerful	Optimistic	Embarrassed	Irritated
Eager	Loved	Ashamed	Lazy
Encouraged	Playful	Overwhelmed	Miserable
Fulfilled	Satisfied	Jealous	Nostalgic
Hopeful	Empowered	Hurt	Regretful
Inspired	Sympathetic	Disappointed	Pessimistic

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Encouraging Emotional Expression for Teens

PART 2: Track Your Daily Emotions

Use these tables to track your emotions throughout the week. Write down all the emotions you experienced. Refer to the previous table to help you identify specific emotions you experienced.

WEEK	Morning	Afternoon	Evening
M			
T			
W			
T			
F			
S			
S			

WEEK	Morning	Afternoon	Evening
M			
T			
W			
T			
F			
S			
S			

WEEK	Morning	Afternoon	Evening
M			
T			
W			
T			
F			
S			
S			

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Encouraging Emotional Expression for Teens

PART 3: Think About What Caused the Emotions

Explore the situations or events that caused your emotions.

Emotion:

What made you feel that way? What happened before you felt that emotion?

Emotion:

What made you feel that way? What happened before you felt that emotion?

Emotion:

What made you feel that way? What happened before you felt that emotion?

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Encouraging Emotional Expression for Teens

PART 4: Brainstorm Healthy Ways to Cope with Emotions

Think of healthy ways you can cope with different emotions, especially difficult ones like anger, frustration, or sadness.

- When you're feeling upset, try taking slow, deep breaths. Breathe in for a few seconds, then breathe out slowly. This can help you feel calmer and more in control.
 - If you're feeling mad or sad, grab some paper and draw how you're feeling. Being creative can help you express your feelings.
 - If you're upset, it's okay to talk about it. You can talk to a parent, a teacher, or someone who makes you feel safe. Sharing your feelings can help you feel less alone.
 - If you're feeling really mad, try counting slowly to 10 (or even 20!). It gives your brain a moment to calm down before you react.
- When you're frustrated, it's okay to take a break. You can go to your room or another quiet space for a few minutes to cool down. Taking a break gives you time to feel better.
 - If you're feeling angry or have a lot of energy, try moving around. You can jump, run in place, dance, or do jumping jacks. Moving your body helps release some of those big feelings.
 - When you're feeling sad, you can hug your favorite stuffed animal or blanket. Sometimes holding something soft and cozy can make you feel a little bit better.
 - When you're feeling upset, try listening to your favorite calming music. Music can help you relax and make you feel happier.

Emotion:

What can I do next time I feel this emotion?

Who can I talk to about this emotion?

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Self-Care Checklist for Teens

Self-care is how we take care of our minds and bodies. When healthy habits add up, they can boost our moods and help us feel better about ourselves. Healthy habits don't just include exercise and skincare - they also include having fun with people we enjoy, being creative, and asking for help when we need it.

This worksheet is designed to help you explore different ways to take care of yourself. For each activity, check off the 1, 2, or 3 box to show how often you do that activity. After this, you can check the "star" box for activities you would like to do more often. The goal of this worksheet is to help you find out which healthy habits you're doing often, and which ones you would like to do more.

How often do you do this activity?

1 I don't do this, or I only do this every once in a while.

2 I do this on some days.

3 I do this on most days.

★ I want to do this more.

1 2 3 ★ Taking Care of My Body

☐ ☐ ☐ ☐ Moving my body (walking, sports, stretching, dancing, etc.)

☐ ☐ ☐ ☐ Getting 8-10 hours of sleep per night

☐ ☐ ☐ ☐ Eating fruits, vegetables, and protein

☐ ☐ ☐ ☐ Drinking water

☐ ☐ ☐ ☐ Brushing my teeth twice per day

☐ ☐ ☐ ☐ Caring for my hair and skin

☐ ☐ ☐ ☐ Taking showers or baths regularly

☐ ☐ ☐ ☐ Spending time outside

☐ ☐ ☐ ☐ Reducing screentime at night

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Self-Care Checklist for Teens

How often do you do this activity?

1 I don't do this, or I only do this every once in a while.

2 I do this on some days.

3 I do this on most days.

★ I want to do this more.

1 2 3 ★ Taking Care of My Emotions

☐ ☐ ☐
☐

Doing hobbies I enjoy

☐ ☐ ☐
☐

Listening to music that helps me feel better

☐ ☐ ☐
☐

Taking deep breaths when I am overwhelmed

☐ ☐ ☐
☐

Writing down my feelings in a journal or diary

☐ ☐ ☐
☐

Talking to someone about my feelings

☐ ☐ ☐
☐

Building myself up with positive affirmations (like "I am capable" or "I am strong")

☐ ☐ ☐
☐

Playing music, creating art, or other activities to express my emotions

☐ ☐ ☐
☐

Spending time with people who care about me

☐ ☐ ☐
☐

Enjoying myself with friends

1 2 3 ★ Taking Care of My Spirit

☐ ☐ ☐
☐

Doing meditation, deep breathing, or yoga

☐ ☐ ☐
☐

Spending time in nature

☐ ☐ ☐
☐

Praying

☐ ☐ ☐
☐

Going to my church, temple, synagogue, or mosque

☐ ☐ ☐
☐

Doing kind things for others

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Self-Care Checklist for Teens

One of the most important things we can do to take care of ourselves is to talk to other people. People we trust can understand our emotions, give us advice, and have fun with us and make us laugh. They can also help us when we really need it.

For the next section, check the 1, 2, or 3 box to show how often you talk to each group of people. You can make a note next to each group if you want to be more specific (for example, you could say which friend you talk to the most). Then, you can check the “star” box to show which people you can talk to when you really need help.

How often do you talk to this person?

1 I don't talk to them, or I only talk to them every once in a while.

2 I talk to them on some days.

3 I talk to them on most days.

★ I can talk to this person when I really need help.

1 2 3 ★ People I Can Talk To

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Parents / Guardians
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Grandparents
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Aunts / Uncles
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Cousins
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Teachers
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Coaches
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Therapists / Doctors
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Friends
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Neighbors
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	My religious leader (minister, rabbi, imam)
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Mentors

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Additional Resources to Support Your Mental Health Journey

It can be hard to know where to begin looking for support in your mental health journey. Getting a referral from a primary care physician is a reliable first step. Also, sometimes family and friends have experienced similar issues and have professionals they would recommend. The experts at ChoosingTherapy.com are here to help as well, with resources we have reviewed and recommend. Our [strict editorial standards](#) ensure our reviews are fair, honest, thorough, and based on firsthand experience.

You Can Trust ChoosingTherapy.com



325+
Companies Reviewed



3,625+
Hours of Firsthand Experience



1,545+
Data Points Analyzed



[Best Online Therapy Platforms for Teens](#)

Online therapy is a convenient way to connect with a licensed therapist to address mental health issues, reduce unhealthy behaviors, develop effective coping skills, and get more satisfaction out of life. Many companies accept insurance and most have next-day appointments available.

[Best Online Psychiatry](#)

Online psychiatry providers enable patients to consult with licensed psychiatrists and other mental health professionals. They can evaluate, diagnose, and prescribe medication to help manage mental health issues. Many companies accept insurance and most have next-day appointments available.



[Best Mental Health Apps](#)

Apps can be great way to monitor mood, track sleep, journal, and practice healthy coping skills like mindfulness and meditation. There are apps specifically designed to help people reduce the symptoms of depression, anxiety, ADHD, chronic stress, and burnout.

[Therapist Directory](#)

When you're looking for a mental health provider with a very particular skill set, level of experience, or personality type, a therapist directory can be very helpful. Using the filters, you can refine your search until you find a therapist who feels like a perfect fit.

