

# Coping Skills Bingo

Stressors	Red Flags	Unhealthy Copers	Beginning Copers	Advanced Copers
Body Image	Not Thinking Quite Right	Not Consider Consequences	Eat Right	Do Something I Do Well
Health Issues	Cry More Than Usual	Not Take Medications	Play With a Pet	Follow Trusted Person's Advice
Grades	Get Violent		Ask for Help from Family and Friends	Take Good Care of Myself
Financial Problems	Over Eat or Eat Too Little	Hurt Myself or Someone Else	Get Support	Exercise 30 Minutes a Day
Expectations of Others	Overly Argumentative	Blame Myself for Everything	Do Something I Do Well	Find Spiritual Support