

An Integrative Approach to Coping

The purpose of this handout is to help you pick and choose which coping skills might be most accessible based on the amount of distress you're experiencing.

The listed coping skills draw from a variety of models (Somatic Approaches, ACT, DBT, etc.). If there's a skill you don't recognize, ask your therapist or Google for more information.

When I share this graphic with clients, I encourage them to write in their own skills and move skills around as appropriate. Most importantly, I remind them that this is loose guidance, not a linear approach that they must follow to a T.

I hope you find it helpful!

With care,
Rachel Grayczyk

How to Choose a Coping Skill (Integrative Approach)

Rank your distress from 0 (No Distress) to 10 (Maximum Distress).

Select a coping skill that falls within the appropriate range: Low, Medium or High.

