



Coping Card Sort

Fact Sheet

What is the Coping Card Sort?

The Coping Card Sort is an activity designed to help you identify ways in which you cope. In other words, it helps you understand how you respond to stress. We can respond to stress in positive ways or we can respond to stress in ways that are hurtful to ourselves or those around us. The goal of this activity is to identify ways you can find healing through positive coping strategies.

This card sort activity is made up of three parts including a pre-activity reflection, the card sort activity, and then a post-activity reflection to help identify positive coping skills.

Part one asks you about a recent stressful event or situation. Take care of yourself and take your time. You are not obligated to share details of this stressful event, but rather reflect individually on what happened and how you responded to what happened.

Next, you will sort cards to help you identify your most often used coping skills. After this activity you will be asked another set of questions to help you reflect on what you've learned about your go-to response to stress. You will end with setting new goals to develop positive coping skills.

Coping Strategies Help You Practice Self-Care

Self-care is a key element that drives us toward healing and better physical and mental health. While we cannot take away life stressors, we can certainly learn to take care of ourselves in a compassionate and non-judgmental way. As we learn how to practice self-care, we are more informed about what we can do to maintain good mental health and emotional well-being. Coping plays a major role in practicing self-care as we identify better ways to maintain overall well-being.

Self-care looks different for everyone. It might be reading a good book to relax, practicing meditation, or talking a walk. It might also include giving your body the physical care it needs, like getting proper sleep, drinking plenty of water, or exercising. These are all great examples of healthy coping skills—they help us relax and process our feelings during challenging times. Practicing self-care on a regular basis can even help us move through future challenges with greater ease.

What can I expect from my care team?

Your care team is here for you, every step of the way. We will go through this activity with you as you begin to define what your coping skills are and set goals to develop new coping skills. We promise to offer our collaboration, care, honor, flexibility, value, and dignity.

- **Collaboration.** We are here to support you, so it is helpful to understand you and your experiences. We will work together, guiding you through this journey to healing and health.
- **Care.** Free from-judgment, even if we don't agree with you.
- **Honor.** We respect your individual goals, even if they're different from what we hope for you.
- **Flexibility.** We aren't directive. We won't tell you what to do, but we will recommend or advise.
- **Value.** We appreciate your perspective. We will engage in activities that help us better understand your life and experience in your words. This includes the Coping Card Sort.
- **Dignity.** We will work to preserve your self-respect and self-esteem.