



## Part 2: Coping Skills Menu

For each trigger, brainstorm three coping strategies that help you respond in alignment with your values instead of reacting automatically.

Trigger: \_\_\_\_\_

Coping Strategy 1 \_\_\_\_\_

Coping Strategy 2 \_\_\_\_\_

Coping Strategy 3 \_\_\_\_\_

Trigger: \_\_\_\_\_

Coping Strategy 1 \_\_\_\_\_

Coping Strategy 2 \_\_\_\_\_

Coping Strategy 3 \_\_\_\_\_

Trigger: \_\_\_\_\_

Coping Strategy 1 \_\_\_\_\_

Coping Strategy 2 \_\_\_\_\_

Coping Strategy 3 \_\_\_\_\_

Trigger: \_\_\_\_\_

Coping Strategy 1 \_\_\_\_\_

Coping Strategy 2 \_\_\_\_\_

Coping Strategy 3 \_\_\_\_\_

## Part 3: Outdoor Reflection

Spend 3–5 minutes outdoors or visualize a natural scene:

- Observe how animals respond to changing weather—how do they adapt, shelter, or seek resources?
- Notice how nature does not resist inevitable conditions but works with them.

### Reflection Prompts:

How can you mirror this flexibility in responding to emotional triggers?

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Which coping strategies feel most natural or “adaptive” when observed through the lens of nature?

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What new perspective arises when you view your emotions like weather patterns?

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