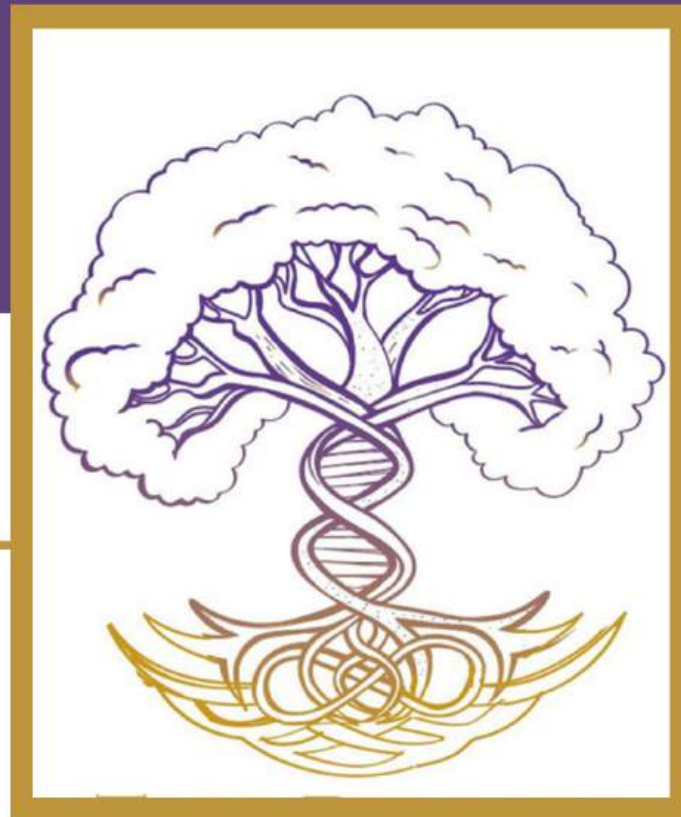


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# MINDFUL COPING SKILLS

WORKBOOK



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# **ABOUT THIS WORKBOOK**

The Mindful Coping Skills Workbook helps you navigate life's challenges with clarity and resilience. Through mindfulness and self-awareness, it offers practical tools to manage stress, recognize triggers, and build healthy habits.

With simple and effective practices, this workbook supports long-term emotional well-being. Take your time, reflect honestly, and use it as a guide to create balance and confidence in your life.

By committing to this process, you're investing in your well-being and personal growth. Each step you take will bring you closer to managing life's ups and downs with greater ease and intention.

**TAM DILLON**

# UNDERSTANDING YOUR TRIGGERS

Understanding triggers is essential for developing mindful coping skills, as recognizing them is a key step toward deeper self-awareness. By identifying what impacts your emotions and reactions, you gain the ability to address them with intention rather than allowing them to control you.

This section will help you with uncovering your triggers, exploring their origins, and understanding what causes them to surface. Through this process, you'll learn practical strategies to navigate and overcome these triggers, helping you respond to life's challenges with greater clarity and resilience.



# LET'S EXPLORE YOUR TRIGGERS

When exploring your triggers, start by identifying the types you experience. Do you face anxiety, hopelessness, trouble managing anger, or cravings? What about triggers linked to happiness or fulfillment? Review the lists below, note which resonate, and create headings for those. Then, list the specific situations or experiences that activate them.

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## TYPES OF TRIGGERS

### POSITIVE TRIGGERS

- Happiness Triggers
- Fulfillment Triggers
- Inner Peace/Contentment Triggers
- Calming Triggers

### NEGATIVE TRIGGERS:

- Stress Triggers
- Substance Use Triggers
- Anxiety/Panic Triggers
- Low Mood Triggers
- Anger Triggers
- Frustration Triggers
- Hopelessness Triggers

### SITUATIONAL TRIGGERS:

- Social Triggers
- Physical Discomfort Triggers
- Self-Worth/Confidence Triggers



## **LETS WORK ON SOME TRIGGERS**

Now that you've identified the types of triggers you experience and their causes, the next step is to focus on 2-3 of your most frequent or impactful triggers. Over the coming weeks, observe these triggers as they arise. Pay close attention to the patterns you've uncovered, such as the specific situations or emotions that activate them. This growing awareness will help you recognize triggers in real-time.

As you track your triggers, practice pausing before reacting. This pause creates space to choose a thoughtful response rather than falling into automatic habits. Be patient with yourself throughout this process, as progress takes time. Celebrate each small step forward, knowing that every effort brings you closer to managing your triggers with greater intention and control.

Use the page that follows to track your progress. At the end of each day, take a few moments to reflect on experiences that triggered you. Record what happened, how you responded, and what you learned. Over time, this practice will help you notice patterns, measure growth, and refine your approach.

# TRIGGER TRACKING TEMPLATE

## TRIGGER EXPERIENCE

What happened? What was the trigger?

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## MY RESPONSE/REACTION

Did I respond or react? How did I respond/react? What did I do or say?

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## **OUTCOME**

**What happened as a result of my response/react?**

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## **KEY LESSONS**

**What can i take away from this experience? Where there any repeating patterns or room improvement? What could I try different next time?**

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# LENS & PERCEPTIONS

Understanding how we view life provides valuable insight into the lens through which we experience the world. Our perceptions shape how we interpret and respond to events. By recognizing these filters, we can begin to separate authentic reality from the stories or biases we project onto it, allowing us to engage with life more truthfully.

The following section will help you reflect on your perceptions and identify the filters shaping your view of yourself, others, and the world. This is an opportunity to explore these influences with curiosity, not judgment, and begin adjusting your lens to align with your values. With greater awareness, you can create a clearer, more authentic connection to reality.





# MINDFUL OR MINDLESS

When exploring our perceptions its helpful to note if we have a mindful or mindless attitude. Work with the lists below and check off which one's are hitting home for you.

## MINDFUL

- DOESN'T ADHERE TO LABELS
- OPEN TO EMBRACING CHANGE
- OPEN TO NEW PERSPECTIVES
- CONSIDERS MULTIPLE VIEWS
- UNCONDITIONAL ACCEPTANCE
- FLEXIBLE WITH VIEWPOINTS
- OPEN TO NEW EXPERIENCES
- AWARENESS OF BEHAVIORS
- WELL CONSIDERED RESPONSES
- ACTIVE STATE OF MIND
- CONSIDERS THE COLLECTIVE
- REFLECTIVE AND OPEN
- FLOWS WITH INNER GUIDE

## MINDLESS

- TRAPPED BY SELF-IMPOSED LABELS
- CLOSED TO CHANGE
- ACTS FROM A SINGLE PERSPECTIVE
- LIMITATIONS ON THOUGHTS
- CONDITIONAL ACCEPTANCE
- OVER-RELIANCE ON CATEGORIES
- ONLY DRAWS ON PAST EXPERIENCES
- HABITS AND ADDICTIONS
- AUTOMATED BEHAVIORS
- THE INACTIVE STATE OF MIND
- ACTING FROM THE SINGULAR
- OBLIVIOUS TO OTHERS PERCEPTIONS
- GOES WITH SOCIETY

## CULTIVATING A MINDFUL ATTITUDE

Choose a mindful attitude or trait to cultivate over the next week. Note it below, reflect on it each morning, and assess your progress each evening. Consider incorporating a new trait each week.

## LETS EXPLORE YOUR LENS

Our perceptions are shaped by various factors, including culture, upbringing, values, beliefs, mindset, and personal experiences, as well as our emotional, mental, and physical states. These elements act as filters, coloring how we see and interpret reality. By exploring these filters, we can better understand how they influence our lens and determine if adjustments are needed to align more closely with authentic reality. Take some time to reflect on your current perceptions and consider how each one impacts your daily view of life. Use this exercise to identify which filters serve you well and which may need reevaluation to ensure your perspective remains grounded in clarity and truth.



- \_\_\_\_\_ **experiences**
- \_\_\_\_\_ **culture**
- \_\_\_\_\_ **upbringing**
- \_\_\_\_\_ **values/beliefs**
- \_\_\_\_\_ **mindset**

**HOW YOU LOOK AT IT IS HOW YOU WILL SEE IT. PERCEPTION IS EVERYTHING! HOW ARE YOU VIEWING YOUR WORLD?**

# **ASSESS YOUR PERCEPTIONS**

**WHAT EXPERIENCES ARE COLORING YOUR PERCEPTIONS? ARE THESE SERVING YOU AND IF NOT HOW CAN YOU SHIFT THEM?**

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**HOW DOES YOUR CULTURAL BACKGROUND AND UPBRINGING EFFECT YOUR PERCEPTIONS? ARE THERE ANY ADJUSTMENTS TO BE MADE?**

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**WHAT VALUES OR BELIEFS DO YOU HAVE AND HOW ARE THE IMPACTING YOUR PERCEPTIONS? ARE THERE ANY THAT ARE NO LONGER SERVING?**

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**HOW HAS YOUR MINDSET BEEN LATELY AND HOW HAS THIS INFLUENCED YOUR PERCEPTION? ARE THERE ANY ADJUSTEMENTS THAT NEED TO BE MADE?**

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**HOW IS THE EMOTIONAL STATE AND HOW IS THIS EFFECTING YOUR PERCEPTIONS? WOULD SELF REGULATING THESE EMOTIONS ASSIST YOU?**

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**HOW HAS YOUR MENTAL AND PHYSICAL HEALTH BEEN RECENTLY? HAVE THESE IMPACTED YOUR PERCEPTION AT ALL? DO YOU NEED TO MAKE SOME CHANGES?**

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# THE PRESENCE OF YOUR PAST

Our past shapes how we think, behave, and view the world, often influencing our present mindset and choices. Similarly, relationships can nurture us or reinforce negative patterns. Reflecting on these influences fosters self-awareness and healthier connections. Below is an exercise to help you explore how your past may be impacting your perception. It works with a single experience at a times.

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**The past is where you learn the lesson,  
here and now is where you apply the lesson**

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## REFLECTING ON PAST EXPERIENCES

Find a quiet space where you won't be disturbed, with a pen and paper nearby. Close your eyes and recall a past experience, observing it from a bird's-eye view rather than engaging directly.

Notice how the experience unfolded for everyone involved and consider any perspectives or details you may have missed. Focus on understanding and meaning, not judgment. When finished, write down your reflections to gain deeper insight.



# HAPPINESS & FULFILLMENT

Knowing what truly brings us happiness and fulfillment is key to developing mindful coping skills. Often, we seek external achievements or fleeting pleasures, but real contentment comes from aligning with what nourishes us deeply—whether it’s meaningful relationships, purposeful work, or personal growth.

This section will guide you in reflecting on what makes you genuinely happy and fulfilled. Through these exercises, you’ll uncover the sources of joy and meaning in your life, helping you build greater emotional resilience and clarity in how you cope with life’s challenges.



# UNDERSTANDING HAPPINESS

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## HEDONISTIC VS AUTHENTIC

external source

instant gratification

increase in pleasure

success is material

internal source

has patience

already fulfilled

success is happiness

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Happiness is not the same as emotions or “happy chemicals”; it’s a deeper state of being and a choice you can make. It’s something you already have and cannot truly lack. While emotions and thoughts may shift, they don’t define you—happiness is always present, waiting to be recognized.

To cultivate happiness in daily life, focus on simple practices like being present, expressing gratitude, and doing activities that align with your values. Notice and appreciate small joys, and observe your thoughts and emotions without judgment, allowing space for happiness to naturally arise.





# A GRATITUDE ATTITUDE

Use the list below to help you get started on cultivating an attitude of gratitude. The more awareness we have of things we are grateful for, the easier achieving a state of authentic happiness becomes.

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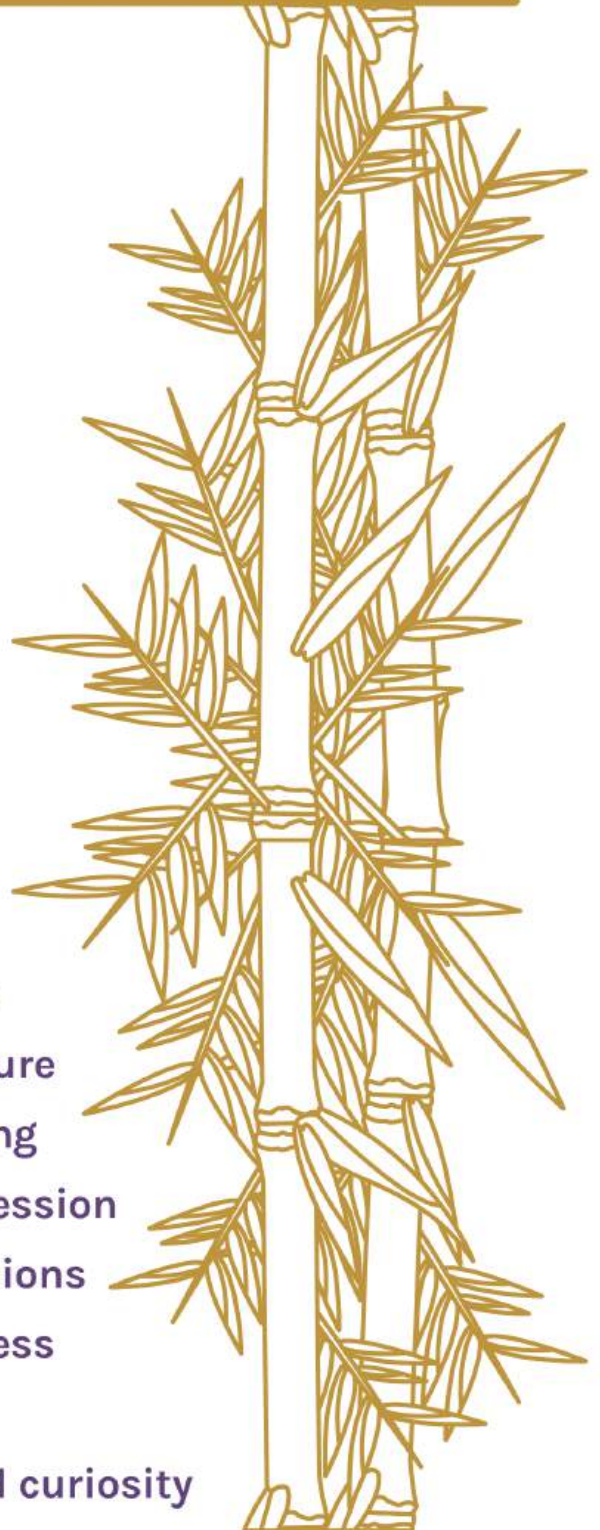
- What about your upbringing are you grateful for?
- What about past relationships are you grateful for?
- What skill you've learned are you grateful for?
- What about your current home are you grateful for?
- What moment in nature are you grateful for?
- What piece of advice you've received are you grateful for?
- What physical ability or feature of your body are you grateful for?
- What challenge you've overcome are you grateful for?
- What about your work or daily routine are you grateful for?
- What person in your life are you grateful for?
- What experience that brought you joy are you grateful for?
- What book, movie, or song are you grateful for?
- What opportunity you've had are you grateful for?
- What memory that makes you smile are you grateful for?
- What about your culture or heritage are you grateful for?
- What quality about yourself are you grateful for?
- What tool or technology are you grateful for?
- What act of kindness you've received are you grateful for?
- What meal or food are you grateful for?
- What about today are you grateful for?
- What dream or goal you've achieved are you grateful for?



# SOURCING FULFILLMENT

Happiness and Fulfillment go hand in hand. When we are happy we feel fulfilled and when are fulfilled we feel naturally happy. Here are some practical ways to source more fulfillment in your life.

- Following your passions
- Being authentically you
- Knowing your values
- Having healthy boundaries
- Having a genuine purpose
- Setting goals you truly want
- Living on your terms
- Trusting your intuition
- Being honest with yourself
- Having no expectations
- Challenging yourself to grow
- Being of willing service to others
- Practicing gratitude regularly
- Building meaningful connections
- Embracing and learning from failure
- Prioritizing self-care and well-being
- Exploring creativity and self-expression
- Seeking experiences over possessions
- Celebrating small wins and progress
- Staying present in the moment
- Pursuing continuous learning and curiosity



# HELPFUL PRACTICES AND TOOLS

We've explored cultivating a mindset for mindful coping, but recognizing warning signs of stress, anxiety, or burnout is key to taking proactive steps. Coupled with understanding your responsibilities and using effective de-stressing techniques, this awareness strengthens your ability to manage life with clarity and balance.

This section covers common warning signs, the responsibilities wheel, four de-stressing techniques, and a mindful self-care plan to help you maintain and enhance your resilience.



# RECOGNIZE THE SIGNS

Recognizing the early warning signs of stress, anxiety, and burnout is essential for mindful coping. These signs act as signals, helping you identify when to step back, reassess, and prioritize your well-being. By becoming aware of these indicators, you can take proactive steps to manage challenges before they escalate, building greater resilience and emotional balance.

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## STRESS WARNING SIGNS

- Physical tension, such as headaches or tight shoulders.
- Trouble concentrating or frequent forgetfulness.
- Increased irritability or impatience.
- Sleep disturbances, such as insomnia or restless sleep.
- Changes in appetite, such as overeating or lack of appetite.

## ANXIETY WARNING SIGNS

- Persistent worry or feeling on edge.
- Racing thoughts or difficulty quieting the mind.
- Rapid heartbeat, sweating, or trembling without clear cause.
- Avoidance of certain people, places, or tasks.
- Fatigue or feeling easily drained despite little physical activity.

## BURNOUT WARNING SIGNS

- Feeling emotionally detached or cynical about work or responsibilities.
- Loss of motivation, even for activities you once enjoyed.
- Frequent physical exhaustion, even after adequate rest.
- Difficulty finding satisfaction or meaning in achievements.
- An increased sense of helplessness or feeling "trapped."

# UNDERSTANDING RESPONSIBILITIES

The responsibilities wheel helps distinguish what is within your control and what is not. This clarity allows you to release unnecessary stress, set healthy boundaries, and focus your energy on what you can influence, making it a powerful tool for building mindful coping skills.

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## **DE - STRESSING TECHNIQUES**

**IF YOU'RE FEELING STRESSED  
SPEAK OUT, DON'T ACT OUT**

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**TAKE A STEP BAC - BREATH, ASSESS,  
CENTER**



**IF YOU SIT YOU SHOULD WALK**

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**BE ABLE TO ACCEPT WHAT YOU CANNOT  
CHANGE, HAVE COURAGE TO CHANGE  
WHAT YOU CAN, AND HAVE THE WISDOM  
TO KNOW THE DIFFERENCE**

# MINDFUL SELF CARE

## DAILY PRACTICES

- **Mindful Breathing (5-10 minutes):** Calm your mind and regulate emotions.
- **Gratitude Reflection:** Focus on positive aspects of your day.
- **Setting an Intention:** Begin each day with a focus or value to guide your actions.
- **Hydration and Nutrition Awareness:** Stay mindful of your body's needs by drinking enough water and eating nourishing foods.
- **Moments of Stillness:** Take a few minutes throughout the day to pause, breathe, and reconnect with yourself.

## WEEKLY PRACTICES

- **Digital Detox:** Take one evening to unplug and reset.
- **Creative Expression:** Engage in an activity that brings you joy, such as drawing, journaling, or playing music.
- **Connection Check-In:** Spend quality time with a loved one or supportive person.
- **Time in Nature:** Go for a walk, sit outside, or spend time in a natural setting to recharge.
- **Reflective Learning:** Explore a book, podcast, or course that inspires growth and mindfulness.

## WHEN WARNING SIGNS APPEAR

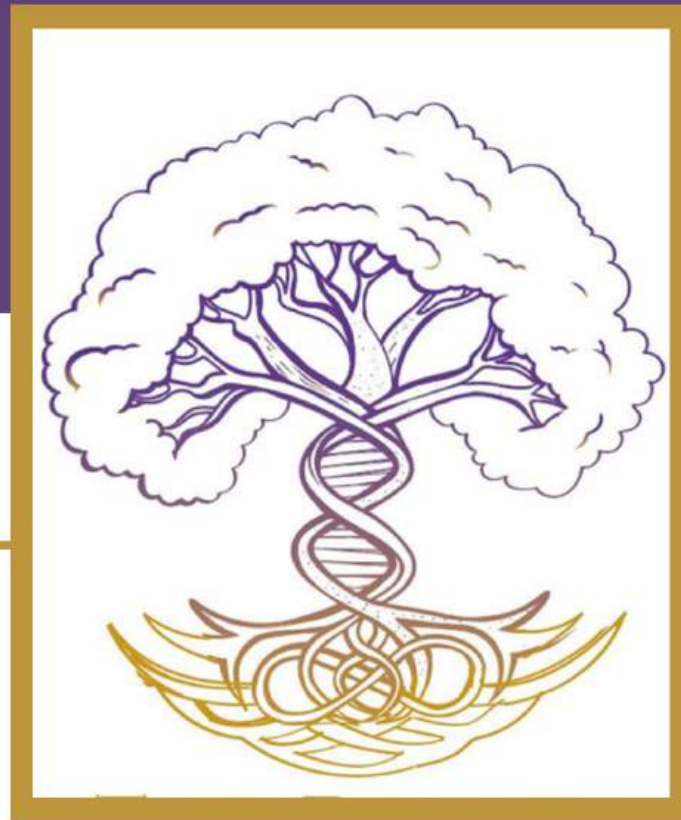
- **Pause and Acknowledge:** Notice and name your emotions without judgment.
- **Ground Yourself:** Use techniques like naming five things you see or hear to anchor yourself in the moment.
- **Engage a Coping Tool:** Practice de-stressing methods such as progressive muscle relaxation or mindfulness meditation.
- **Movement or Stretching:** Use gentle movement or stretching to release tension in your body.
- **Reach Out for Support:** Share how you're feeling with a trusted friend, coach, or counselor.



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