

City Lights
Coping Skills Survey

1. Did the instructors explain the activity in a way you could understand?

2. Did you enjoy learning about ways to use coping skills (mindfulness, exercise, journaling, talking to a friend, having tea and relaxing, etc)?

3. Which activities did you enjoy the most?

4. Will you use any of the activities in the future when you feel stressed?

5. Was it helpful to practice coping skills and know when to use them?