

Focus on the Important Stuff

1. Think about what is important to you. What do you care about? What do you value (e.g., hard work, time with friends/family, service to others, a healthy lifestyle, being independent, achievement)?
2. Ask, “Am I living my life in a way that is consistent with my values?” For example, if you value spending quality time with your family, think about how often you spend quality time with them.
3. Write down 2-3 actions you can take to get closer to your values. Make sure your actions are reasonable and achievable.
4. Take one action at a time to shift your focus toward things you value.

Variations of this skill (for all ages):

“Bullseye!” – Think of something you care about and write it in the center of a bullseye. Write steps on the outer rings of

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the bullseye that you can work on in order to get closer to the center mark.

When to use this skill: You can “Focus on the Important Stuff” when you feel lost, confused, or unsure of what to do. This strategy can help you prioritize your activities.

How this skill helps: Although there may be many aspects of your life that you cannot control (e.g., others’ actions, receiving a new diagnosis), you can control your own actions. Choosing to do things that are most important to you can bring meaning to your life and lift your mood.

If you want to learn more coping strategies, talk to your doctor about meeting with the Psychology Team!