



Life Skills Handout

Emotional Regulation

- Identifying emotions in real time
- Naming triggers and early warning signs
- Using grounding, breathwork, and self-soothing techniques
- Practicing distress tolerance and impulse control

Cognitive Skills

- Challenging unhelpful thoughts
- Cognitive reframing
- Increasing flexible thinking
- Improving attention, focus, and memory routines

Interpersonal Skills

- Assertive communication
- Boundary setting
- Active listening
- Conflict resolution
- Asking for help and expressing needs

Self-Management

- Time management and planning
- Prioritization and task completion
- Organization and decluttering
- Creating routines and habits

Daily Living Skills

- Cooking basic meals
- Grocery budgeting
- Cleaning and home upkeep
- Transportation navigation
- Medication management

Financial Skills

- Budgeting monthly expenses
- Saving and goal-setting
- Understanding needs vs wants
- Building emergency funds

Professional Skills

- Resume basics
- Interview preparation
- Workplace communication
- Setting career goals

Health & Wellness Skills

- Sleep hygiene
- Basic nutrition
- Creating movement routines
- Stress management habits
- Understanding personal health indicators

Self-Awareness & Identity Development

- Understanding values and priorities
- Recognizing personal strengths
- Building self-esteem and self-worth
- Clarifying identity and long-term goals

Crisis Skills

- Knowing when and how to seek help
- Safety planning
- Managing overwhelming emotions
- Using coping skills instead of avoidance

If you want this turned into a printable worksheet or expanded into multiple handouts, specify your preferred format.