

Coping Skills

- 1. Practice deep breathing – in through your nose, out through your mouth**
- 2. Do a puzzle**
- 3. Draw, paint, or color**
- 4. Listen to uplifting or inspirational music**
- 5. Blow bubbles**
- 6. Pet your cat or dog**
- 7. Clean or organize a space**
- 8. Play a game on the computer**
- 9. Turn on all the lights**
- 10. Sit in the sun and close your eyes**
- 11. Compliment someone**
- 12. Read**
- 13. Jump up and down**
- 14. Go for a brisk 10 minute walk**
- 15. Dance to music**
- 16. Call a friend**
- 17. Invite a friend over**
- 18. Write positive affirmations on note cards and decorate**
- 19. Go outside and listen to nature**
- 20. Rearrange your bedroom**
- 21. Work in the garden or flower bed**
- 22. Plant a flower in a pot**
- 23. Do yoga**
- 24. Watch a funny or inspirational movie**
- 25. Make a collage with pictures of your favorite things**
- 26. Make a collage showing a positive future**
- 27. Journal**
- 28. Write a poem**
- 29. Scream into a pillow**
- 30. Swim, run, jog, bike**
- 31. Jump rope**
- 32. Play a musical instrument**
- 33. Do a good deed**
- 34. Shoot hoops**
- 35. Sing your favorite song out loud**
- 36. Write down how you're feeling and why, read 1 time and put it away**

37. Visualization – close your eyes and imagine yourself in a beautiful place – how does it smell, what do you see, what do you hear, what do you feel...
38. Write a letter to someone
39. Volunteer
40. Offer to walk a neighbor's dog
41. Find a safe, quiet place to sit and stay there until you know you can be safe
42. Write a fairy tale
43. Pray
44. Decorate your mirror with positive affirmations and your favorite photos
45. Do a crossword, seek and find, or Sudoku puzzle
46. Visit an inspirational web site (try www.values.com)
47. Write a thank you note to your best friend
48. Call a hotline
49. Do your makeup
50. Read the comics
51. Draw a cartoon
52. String a necklace
53. Make friendship bracelets and give one to someone who looks lonely
54. Go on a walk and take photos of flowers on a cell phone or digital camera – challenge yourself to find 15 different kinds
55. Bite your pillow as hard as you can
56. Talk to a stuffed animal
57. Ask a friend to meet you at the park
58. Shred blank sheets of paper
59. Play a board game with a friend or sibling
60. Throw a foam ball at an empty wall
61. Stare at a picture – notice all the details and create a story using those elements
62. Draw random designs and color them in
63. Go to the movies
64. Write a list of compliments about a friend or teacher and give it to them
65. Write an inspirational quote on your mirror with an eyeliner pencil
66. Play with silly putty or modeling clay
67. Make an inspirational banner for your room
68. Blog
69. Write poetry