



Coping Skills List

Distractions

Clean or organize

Dance

Doodle on paper

Draw or paint

Garden

Go for a drive

Go for a walk

Go shopping

Hug a stuffed animal

Listen to music

Take pictures

Play a game

Play an instrument or sing

Do a puzzle

Read a book

Take a bath/shower

Play with a pet

Watch a movie

Cognitive Coping

Act opposite of negative feelings

Brainstorm solutions

Make a gratitude list

Read inspirational quotes

Reward yourself when successful

Slowly count to 10

Think about someone you love

Think about things you love

Use positive self-talk

Think about your favorite place

Write out your goals

Write a positive note

Tension Releasers

Cry

Exercise or play sports

Laugh or smile

Stretch

Practice yoga