

114 Healthy 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. Squeeze an ice cube tightly
7. Go to the library
8. Visit the animal shelter
9. Pet your cat or dog
10. Clean or organize a space
11. Make your bed
12. Play a game on the computer
13. Turn on all the lights
14. Sit in the sun and close your eyes
15. Throw rocks into the woods
16. Suck on a peppermint
17. Chew gum
18. Sip a cup of hot chocolate or tea
19. Compliment someone
20. Read
21. Listen to inspirational tapes
22. Practice a relaxation exercise
23. Jump up and down
24. Write yourself a nice note and carry it in your pocket
25. Play solitaire
26. Do the dishes
27. Go for a brisk 10 minute walk
28. Dance to music
29. Call a friend
30. Invite a friend over
31. Organize your CD's
32. Write positive affirmations on note cards & decorate
33. Go outside and listen to nature
34. Rearrange your bedroom
35. Work in the garden or flower bed
36. Plant a flower in a pot
37. Sew, knit, or crochet
38. Do yoga
39. Watch a funny or inspirational movie
40. Make a collage with pictures of your favorite things
41. Make a collage showing a positive future
42. Journal
43. Use positive self-talk
44. Paint your nails
45. Make a gratitude list
46. Scream into a pillow
47. Swim, run, jog, bike

48. Jump rope
49. Smell a flower & touch the petals
50. Play a musical instrument
51. Do a good deed
52. Shoot hoops
53. Sing your favorite song out loud
54. Count backwards from 500
55. Brush your hair 100x
56. Squeeze a stress ball
57. Use some good smelling lotion
58. Think of 3 foods for every letter of the alphabet without skipping any
59. Write down how you're feeling & why, read 1x & put it away
60. 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...
61. Write something positive about yourself for every letter of the alphabet- decorate it & hang it where you will see it every day
62. Slowly eat one piece of your favorite candy
63. Write a letter to someone
64. Do extra credit homework
65. Volunteer
66. Offer to walk a neighbor's dog
67. Find a safe, quiet place to sit & stay there until you know you can be safe
68. Look at pictures in a nature magazine
69. Write a fairy tale
70. Draw a cheerful picture outside with sidewalk chalk
71. Decorate your locker
72. Decorate your mirror with positive affirmations and your favorite photos
73. Do a crossword, seek & find, or Sudoku puzzle
74. Visit an inspirational website (try www.values.com)
75. Write a thank you note to your best friend
76. Call a hotline
77. Put on your favorite outfit
78. Do your makeup
79. Read the comics
80. Draw a cartoon
81. String a necklace
82. Make friendship bracelets & give one to someone who looks lonely
83. Slowly sip a glass of cold water
84. Go on a walk & take photos of flowers on a cell phone or digital camera- challenge yourself to find 15 different kinds
85. Bite your pillow as hard as you can
86. Talk to a stuffed animal
87. Clean 1 room of your house
88. Ask a friend to meet you at the park
89. Wash & style your hair
90. Go to McDonalds & order an ice cream cone off the dollar menu
91. Rest – take a nap or go to bed early
92. Buy or check out a fun magazine & read it front-to-back
93. Window shop
94. Shred blank sheets of paper
95. Talk into a tape recorder

96. Play a board game with a friend or sibling
97. Throw a foam ball at an empty wall
98. Stare at a picture- notice all the details & create a story using those elements
99. Play hacky sack
100. Draw random designs & color them in
101. Turn your designs into cards
102. Go to the movies
103. Go to the mall & people watch
104. Write a list of compliments about a friend or teacher & give it to them
105. Make & decorate a foam or paper frame for your favorite photo
106. Write an inspirational quote on your mirror with an eyeliner pencil
107. Read a joke book
108. Pick out 5 of your favorite jokes & tell them to 3 friends
109. Play with silly putty or modeling clay
110. Make an inspirational banner for your room
111. Blog
112. Write poetry
113. Submit your best piece of poetry to this website
114. Think of 10 more coping skills to add to this list

These are just suggestions- you may find some that you really like or some that don't help at all! Try enough of them until you have a list of at least 10-15 solid coping skills that you can turn to in times of crisis! Then do them even if you don't want to!

- * Recognize warning signs and use self-control skills to de-escalate the situation.
- * Identify triggers and plan out how to respond ahead of time.
- * Reacting vs. Responding
- * Remember, it is human to have stress.
It is what you do with it that counts!

Adapted from:

http://p2cdn3static.sharpschool.com/UserFiles/Servers/Server_3196818/File/Teachers/Gill,%20L/117%20Healthy%20Coping%20Skills.doc