Coping Skills List

DISTRACTIONS

☐ Clean or organize your environment
☐ Dance
☐ Doodle on a paper
☐ Draw
☐ Garden
☐ Go for a drive
☐ Go for a walk
☐ Go shopping
☐ Hug a stuffed animal
☐ Listen to music
☐ Paint
☐ Photography
☐ Play a game
☐ Play an instrument
☐ Put a puzzle together
☐ Read
☐ Sing
☐ Take a break
☐ Take a shower or a bath
☐ Watch pets videos on Youtube
☐ Watch a movie
☐ Write

COGNITIVE COPING

☐ Act opposite of negative feelings
☐ Brainstorm solutions
☐ Make a gratitude list
☐ Read an inspirational quote
☐ Reward yourself when successful
☐ Slowly count to ten
☐ Take a class
☐ Think about someone you love
☐ Think of something funny
☐ Use positive self-talk
☐ Visualize your favorite place
☐ Write a list of goals
☐ Write a list of pros and cons for decisions
☐ Write a list of strengths
☐ Write a positive note

TENSION RELEASERS

☐ Chew gum
☐ Cry
☐ Exercise or play sports
☐ Laugh
☐ Stretch
☐ Use a stress ball
# Coping Skills List

## PHYSICAL CARE
- Eat a little chocolate
- Eat healthy foods
- Get enough sleep
- Limit caffeine
- Practice deep/slow breathing

## SOCIAL COPING
- Care for or play with a pet
- Serve someone in need
- Spend time with friends or family
- Talk to someone safe
- Use humor
- Write a note to someone you care about

## SPIRITUAL COPING
- Enjoy nature
- Get involved in a worthy cause
- Practice yoga
- Pray or meditate