

# Coping Skill List

1. Practice deep breathing
2. Do a positive activity
3. Play sports
4. Think of something funny
5. Take a walk
6. Appreciate nature
7. Practice yoga
8. Stand up and stretch
9. Listen to music
10. Take a time out
11. Slowly count
12. Use positive self-talk
13. Use positive affirmations
14. Talk to a friend
15. Talk to an adult
16. Close your eyes and relax
17. Visualize your favorite place
18. Think of something happy
19. Think about a pet you love
20. Think about someone you love
21. Get enough sleep/take a nap
22. Eat a healthy snack
23. Change your environment
24. Read a good book
25. Set a goal
26. Jog in place
27. Write in your journal
28. Hum your favorite song
29. Doodle on paper
30. Draw a picture
31. Color a coloring page/design
32. Clean something
33. Meditate
34. Use a stress ball
35. Dance
36. Write a letter
37. Look at pictures you've taken
38. Make a gratitude list
39. Do an act of service
40. List your positive qualities
41. Give someone a hug
42. Do a kind deed
43. Put a puzzle together
44. Build something
45. Do something you love doing
46. Play with clay or sand
47. Hug a stuffed animal
48. Rip paper into pieces
49. Play an instrument
50. Watch a good movie
51. Take pictures
52. Work in a garden
53. Make a list
54. Keep a positive attitude
55. Schedule time for self care
56. Blow bubbles
57. Write a positive note
58. Chew gum
59. Write a story
60. Read a joke book
61. Learn a new skill
62. Write a poem

63. Drink a cold drink
64. Draw a cartoon
65. Read a magazine
66. Write a thank you note
67. Count to 100
68. Read inspirational quotes
69. Compliment yourself
70. Visualize a stop sign
71. Laugh
72. Smile in the mirror
73. Call a funny friend
74. Smile at others
75. Practice a skill
76. Look at animal pictures
77. Focus on an object
78. Focus on 5 things you can see
79. Listen to 4 things you hear
80. Touch 3 things near you
81. Focus on 2 things you smell
82. Identify 1 thing you taste
83. Paint with water colors
84. Use a relaxation app
85. Practice a new recipe
86. Plan an adventure
87. Identify your emotions
88. Share feelings with someone
89. Identify a positive thought
90. Make a daily schedule
91. List 10 positive things
92. Tell someone thank you
93. Pet an animal
94. Make a list of choices
95. Organize a space
96. Play a game using your mind

97. Listen to nature sounds
98. Focus on relaxing your muscles
99. Take a break
100. Ask for help

List other things that help you here: