

101 COPING SKILLS

TELL SOMEONE
YOU ARE THANKFUL
FOR THEM

say something
kind to yourself

say,
"I can do this"

ask yourself,
"what do I need
right now?"

give someone a hug

use positive
self-talk

talk to a friend

laugh

COMPLIMENT
SOMEONE

exercise



jog in place

play sports

TAKE A QUICK WALK

set a goal

READ A BOOK



read
inspirational
quotes

do your homework

NOTICE 5 THINGS
YOU CAN SEE

use a
stress
ball

try some aromatherapy
(candle, lotion, spray)

focus on an object

slowly count to 10

STAND UP
AND STRETCH

do a positive activity



practice yoga

visualize your
favorite place

use a relaxation app

list your positive qualities

identify
your
emotions



DRINK
SOME TEA

take deep breaths

CRY
IT
OUT

seek out the
company of others

think of something funny

close your eyes and relax

meditate



sit and relax your muscles
hug a pillow or stuffed animal

PLAN YOUR
DREAM ROOM
OR HOUSE



put a puzzle
together

build something

make a list of choices

make a list
for the future



make a gratitude list
write a letter
write a thank you note
write a list

punch
a
pillow

call an old friend

express your
feelings to someone

TALK TO AN ADULT



WALK YOUR DOG

think of a pet you love

make a list of your
favorite coping skills



ORGANIZE YOUR CLOSET

TAKE A
>HOT<
SHOWER

sit outside



get out
in the sun

LAY IN THE GRASS AND LOOK UP AT THE SKY

bounce ball
100 times

draw cartoons
PAINT
YOUR EMOTIONS

write a positive note
to yourself



LIST 10 POSITIVES
ABOUT YOURSELF

write in a journal

CREATE A BLOG
OR WRITE A STORY

make your day's schedule

paint your nails
or do a makeup
tutorial on YouTube

COUNT TO
100

do something
you love

eat a healthy snack
ask for a break

ask an adult for help

clean something

listen to
nature sounds

TAKE A TIME OUT



UNPLUG FROM
ELECTRONICS

SUCK ON A PEPPERMINT
OR LIFESAVER

take
pictures



think of

something

happy

PLAN A FUN TRIP

look at pictures you've taken

hold an
ice cube
or take a
cold shower

DRINK
COLD
WATER