

# 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