
Coping Tools Based on How You Are Feeling

These tools will help you find practical ways to move through your feelings.

Sad

- Pet an animal
- Take a warm shower
- Call someone who makes you feel heard
- Do one tiny self care thing
- Hug a pillow or a person
- Listen to happier songs
- Watch a funny video
- Write down things you are grateful for today.

Overwhelmed

- List out everything that is overwhelming
- Guided meditation
- Take a warm bath
- Take a nap
- Break your biggest task into 3 smaller steps
- Pick 1 tiny thing and do it right now
- Rearrange your drawer, or clean your room.

Anxious

- Colouring
- Listen to some music
- Guided meditation
- Tense and release each muscle group
- Walk around nature
- Try grounding techniques
- Have something warm to drink or eat
- Brain dump on paper
- Take a nap

Angry

- Journalling and reflection
- Breathing exercises
- Working out / running / walking
- Talk to yourself like you would comfort a friend
- Squeeze and release your fists 10 times
- Scream into a pillow
- Blast some music and dance it out
- Write a vent letter

Lonely

- Cook a meal for someone
- Talk to a stranger or neighbour
- Post something on social media
- Call someone
- Join a class or group activity in your area
- Write a letter to someone you miss
- Volunteer or community service
- Go to your favourite place
- Watch a movie

Tired

- Eat something with protein
- Drink a glass of water
- Go out to your favourite place
- Listen to upbeat music while doing simple tasks
- Have your favourite food
- Take a 3 hour digital detox
- Take a quick cold shower
- Take a 20 minute power nap

Numb / Disconnected

- Take a very hot or very cold shower
- Bite into something with strong flavour
- Watch a movie or show that made you cry before
- Do something slightly uncomfortable
- Hold ice cubes in your hands until they melt
- Write “I feel numb” over and over until something else comes up

Guilty / Ashamed

- Take a shower and imagine washing the shame away
- Chant affirmations
- Journal about what you learnt from the situation
- List times you’ve forgiven others for similar things
- Do something kind for someone else
- List 3 small things you did well today

Resentful

- Write an angry, uncensored letter
- Practice saying out loud what you need
- Do something just for you that feels indulgent
- Release it physically (run / scream)
- Decide if you can set a boundary or if you need to accept and let it go
- Take space from the person / situation if possible

Hopeless

- Do your favourite activity
- Sleep if you can
- List one thing that is still okay in your life
- Reach out to your therapist or support line
- Do one tiny thing that proves you still have control (make bed / drink water)
- Look back at a previous hard time you survived
- Watch something comforting

Confused

- List what you know for sure vs. what you’re unsure about
- Give yourself permission to not decide right now
- Do something completely unrelated and let your subconscious work
- Make a pro and con list
- Ask yourself what you would tell your best friend in this situation

Frustrated

- Step away from the person / situation if possible
- Make a list of things within your control vs. out of your control and focus on what you can do
- Give yourself 5 minutes to work on the situation again then stop
- Shake out your hands and arms vigorously
- Go for a walk in nature