

99 SELF-CARE COPING STRESS RELIEF THINGS TO HELP ME

Practice Laughing - Out Loud.

STOP AND YAWN

DRAW SOMETHING

SING A SONG

take a long bath or shower

EAT A GOOD BREAKFAST

LAUGH AT SOMETHING YOU DID.

REST

CALL A FRIEND

PLAY WITH A PET

CLOSE YOUR EYES... WHAT DO YOU SEE?

FEEL YOUR PULSE

RIDE A BIKE

MAKE YOUR BED. Clean Up Your Space.

MAKE A LIST OF THINGS YOU ARE GRATEFUL FOR.

MOVE YOUR BODY

UNPLUG FROM ELECTRONICS

GET or GIVE a HUG

PLANT (OR PICK) A FLOWER

BRUSH YOUR TEETH

DO A GOOD DEED

FOR A WALK. SWIMMING. FOR A RUN. TAKE A NAP.

SMILE ON PURPOSE

WRITE DOWN YOUR FAVORITE THINGS TO DO

PRACTICE POSITIVE SELF-TALK

stand up & stretch

LOOK at the big picture. closely at a flower or blade of grass. off into the distance as far as you can see.

EAT SOMETHING REALLY COLD

teach YOURSELF something

TAKE A 5 MINUTE WALK + COUNT YOUR STEPS

GET OUTSIDE

MOVE HEAVY STUFF

TAKE AN ANGRY WALK (WALK LIKE YOU'RE REALLY MAD!)

WRITE DOWN YOUR FEARS. YOUR DREAMS. WHAT YOU NEED TO DO TO HELP YOURSELF.

MAKE A SCHEDULE FOR THE NEXT 7 DAYS

READ SOMETHING FUNNY

WASH YOUR HAIR

WATCH YOUR FAVORITE MOVIE OR TV SHOW

Work a Puzzle or Play a Game

DO 100 JUMPING JACKS

DRINK A BIG GLASS OF WATER (Then Belch/Burp Real Loud)

LOOK AT THE STARS.

FIND THE BIG + LITTLE DIPPER.

MAKE YOUR BEST PAPER AIRPLANE, SEE HOW FAR YOU CAN GET IT TO GO.

PRACTICE SAYING NO.

SHARE YOUR FEELINGS WITH SOMEONE

KEEP TRACK OF YOUR THOUGHTS + FEELINGS

TELL YOURSELF "GOOD JOB!" + FOCUS ON DOING 1 THING AT A TIME

TAKE SOME ALONE TIME

WATCH A CLOUD FOR 5 STRAIGHT MINUTES

GO FISHING

EAT SOMETHING HEALTHY

Eat Something (like an orange) Segment By Segment - With Your Eyes Closed

WRITE DOWN TEN THINGS YOU LIKE ABOUT YOURSELF

BUILD SOMETHING OR STACK ROCKS!

DANCE Even If You're Not Good!

CLIMB A HILL

SPEND TIME WITH POSITIVE PEOPLE

MAKE A LIST OF THINGS YOU WANT TO DO WHEN YOU GROW UP

USE GROUNDING TECHNIQUES: 54321

5 THINGS YOU CAN SEE

4 THINGS YOU CAN TOUCH

3 THINGS YOU CAN HEAR

2 THINGS YOU CAN SMELL

1 THING YOU CAN TASTE

MAKE A FRIEND

ROLL YOUR SHOULDERS UP AND AROUND... GO BACKWARD, FORWARD, BACK AGAIN... LOVE YOURSELF

FOCUS ON WHAT YOU CAN CONTROL. LET GO OF WHAT YOU CAN'T.

MOVE YOUR ROOM AROUND

TALK TO AN ADULT YOU ADMIRE: HOW WERE THINGS WHEN THEY WERE YOUR AGE? WHAT WERE THEIR PROBLEMS OR STRESSORS?

FORGIVE YOURSELF + OTHERS

DAYDREAM about somewhere you'd like to visit someday.

DO SOMETHING FUN

COUNT TO 100 BEFORE EXPLODING

ON HAPPY MUSIC

ON (GET UNDER) A BLANKET

ON YOUR FAVE SHIRT

CLOSE YOUR EYES & BREATHE DEEP... SEE IF YOU CAN HEAR YOUR HEART BEATING.

KEEPERS OF LIFE

APOLOGIZE to Someone

LOOK IN A MIRROR + SAY THIS... "I CAN DO A GOOD JOB AT WHATEVER I WANT. I CAN STAY CALM UNDER PRESSURE."

GET A GOOD NIGHT'S SLEEP

DO SOMETHING NICE - FOR YOURSELF.

WRITE DOWN THE NAMES OF YOUR FAVORITE PEOPLE

DO A RANDOM ACT OF KINDNESS.

listen for animal noises!