

COPING SKILLS

- EXERCISE
- GO FOR A WALK
- WRITE POETRY
- GO FOR BIKE RIDE
- JOURNAL
- 10 THANKFUL THINGS
- GO SEE A MOVIE
- RESEARCH SOMETHING
- WATCH FAV TV SHOW
- WATCH FAV MOVIE
- DO A WORDSEARCH
- DO A CROSSWORD
- PLAY AN INSTRUMENT
- LEARN AN INSTRUMENT
- WATCH A TED TALK
- PAINT YOUR NAILS
- DO YOUR HAIR
- DO YOU MAKE UP
- SING
- PUNCH A PUNCHING BAG
- CRY
- WATCH COMEDY SPECIAL
- DRAW OR SKETCH
- WRITE A STORY
- WRITE A LETTER
- TAKE A NAP (IF TIRED)
- TAKE A HOT SHOWER
- TAKE A COLD SHOWER
- TAKE A RELAXING BATH
- PLAY WITH A PET
- ADOPT A PET
- VOLUNTEER WITH PETS
- CLEAN SOMETHING
- REDECORATE
- REORGANIZE SOMETHING
- VOLUNTEER
- GO SHOPPING
- WINDOW SHOP
- READ A BOOK
- READ A MAGAZINE
- BAKE COOKIES
- TRY A NEW RECIPE
- LISTEN TO MUSIC
- WRITE MUSIC/SONG
- WRITE AN EMAIL
- ENCOURAGE SOMEONE
- HELP SOMEONE
- MEDITATION
- GUIDED MEDITATION
- RELAXATION BREATHING
- PAINT
- DO A PUZZLE
- PLAY A SPORT
- PLAY A VIDEO GAME
- GO TO A PARK
- HUG A PILLOW
- HYPERFOCUS ON ITEM
- DANCE
- MAKE HOT CHOCOLATE
- MAKE A SMOOTHIE
- BUILD A PILLOW FORT
- BUILD WITH WOOD
- GO FOR A DRIVE
- PLAY WITH CLAY/GOO/ETC
- COMPLETE 1 THING YOU'VE BEEN PUTTING OFF
- TAKE UP A NEW HOBBY
- DONATE ITEMS YOU NO LONGER USE/NEED
- LOOK UP RECIPES
- TRY A NEW RESTAURANT
- TRY A NEW STYLE OF FOOD
- COOK A MEAL
- COOK OR BRING A MEAL FOR SOMEONE IN NEED
- TAKE VITAMINS AND/OR SUPPLEMENTS W/ DR'S OK
- LOOK AT PRETTY THINGS
- GARDEN
- PLANT FLOWERS
- LEARN ABOUT ART
- PRAY
- READ A BIBLE
- CREATE SOMETHING
- BUILD SOMETHING
- HANG OUT WITH FRIEND
- HANG OUT WITH FAMILY
- GO TO A MUSEUM
- GO TO SCIENCE CENTER
- JUMP ON TRAMPOLINE
- GO VISIT SOMEONE
- WATCH AN OLD MOVIE
- CONTACT A HOTLINE
- CONTACT A THERAPIST
- TALK TO SOMEONE CLOSE TO YOU
- MEMES!
- FEED DUCKS/BIRDS, ETC
- COLOR WITH CRAYONS, PENCILS, OR MARKERS
- USE THE "CALM" APP
- MEMORIZE A VERSE
- MEMORIZE A QUOTE
- STRETCH
- AFFIRMATIONS FOR SELF
- TRY YOGA
- SEARCH FOR RIDICULOUS THINGS ON THE INTERNET
- COLOR COORDINATE YOUR WARDROBE
- BUY A FISH
- MAKE A PLAYLIST
- DESIGN DREAM HOME
- DESIGN DREAM WEDDING
- DESIGN DREAM CAR
- PLANT SOMETHING INSIDE
- LOOK THROUGH PHOTOS
- CALL OLDER RELATIVES IF SAFE AND NOT TOXIC
- VACATION
- ROAD TRIP
- STAY-CATION
- PLAY WITH A BALLOON
- GIVE YOURSELF A FACIAL
- GET A MASSAGE
- WRITE OUT A TO-DO LIST OF ITEMS
- FIND COOL TOYS
- LEGOS
- COLLECT SOMETHING
- PLAY BOARD GAME
- PLAY A CARD GAME
- CLEAN UP TRASH IN PUBLIC
- DO A RANDOM ACT OF KINDNESS
- BUY YOURSELF FLOWERS
- CALL/TEXT OLD FRIEND
- WRITE LIST OF YOUR BEST QUALITIES
- SMILE AT PEOPLE
- DO AN AFFIRMATION
- HUG SOMEONE
- WRITE OUT YOUR GOALS

MY MOST HELPFUL COPING SKILLS ARE: _____