





These Are Some Coping Tools I'd Like to Try:


Read a Good Book or Magazine 


Build Something 

Focus on What I See, Hear, Feel, Smell & Taste 


Unplug and Go Outside 



Make a Collage or Scrapbook 


Drink Enough Water 


Watch Funny Animal Videos 


Play a Card or Board Game 


Do a Puzzle 


Call or Text Family and Friends  and focus on that 


Make of List of Things I Can Control 



Go on a Walk, Run or Hike 

Remember ALL of My Feelings Are OK. 


Drink a Cup of Hot Cocoa or Tea 


Stretch or Do Yoga 


Say Something Kind to Myself 


Cuddle & Play with My Pet  


List at least 3 Things I Am Grateful For


Take or Look at Photographs 


Sew, Weave, Knit or Crochet 


Set a Goal and List 2 Steps to Get There 


Write a Letter 


Remind Myself I Can Do Hard Things 


Take a Shower or Bath 


Smile (smiling tricks our brain into feeling happier) 


Talk About My Feelings 


Create Origami or Paper Airplanes 


Massage My Neck, Arms & Shoulders 


Bake or Cook (try a new recipe!) 



Journal 

Tense then Relax My Muscles 


Listen to Music 


Do Wall or Chair Push-Ups 


Draw, Paint, Color, Craft, or Sculpt 

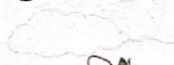
Garden or Do Yard Work  


Take Slow, Focused Breaths


Clean, Organize or Declutter 


Cry (tears release stress hormones) 


Try or Learn Something New 


Observe Clouds (. . . and just breathe) 


Use a Stress Ball or Other Fidget 

Get 8-11 Hours of Sleep 


Kick, Bounce, or Throw a Ball 


Exercise 

Ask for Help 

Hug (myself, someone else, or a stuffed animal) 

Do Something Kind 

Visualize a Peaceful Place 

Eat Healthy Food 

Sing and/or Dance 