

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