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
- 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
- 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 & Shoulders
- Bake or Cook
- Journal
- Tense then Relax My Muscles
- Listen to Music
- Do Wall or Chair Push-Ups
- Draw, Paint, Color 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