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

WHOLEHearted
SCHOOL COUNSELING

- ☐ 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 O.K.
- ☐ 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