



Coping Skills

1. Write your thoughts/feelings in a journal
2. Play an instrument
3. Listen to music
4. Go for a walk
5. Exercise
6. Do yoga
7. Watch an episode of Out Loud with Erin Pash on YouTube
8. Meditate
9. Deep breathing
10. Stretch
11. Spend time with a friend
12. Watch a feel-good movie or TV show
13. Write a mantra
14. Read
15. Drink a cold glass of water
16. Paint, draw, color
17. Learn how to knit
18. De-clutter or clean your living space
19. Go for a bike ride
20. Call a friend or family member
21. Listen to a podcast
22. Spend time playing with a pet
23. Spend time with family
24. Schedule an appointment for therapy
25. Practice visualization
26. Go for a relaxing drive
27. Sit outside and take in the sunlight- on a balcony, deck, porch, backyard, etc.
28. Make a vision board of things you love
29. Reorganize your belongings
30. Redecorate/rearrange your room
31. Take a relaxing bath
32. Create a list of positive affirmations for yourself
33. Garden- tend to your plants inside and/or outside your living space
34. Practice gratitude- make a list of the things you are grateful for
35. Practice self-compassion