

LIST OF COPING SKILLS

- Ask an adult for help
- Ask for a break
- Ask for support from a friend, teacher, or your counselor
- Ask yourself, "What do I need right now?"
- Blow bubbles
- Build something
- Chew gum
- Clean something
- Clean an area of your room
- Close your eyes and relax
- Color a coloring page
- Compliment yourself
- Cook a meal
- Cook or bake
- Count to 30
- Dance
- Do a positive activity
- Do schoolwork
- Do something kind
- Do something you love
- Do yoga
- Doodle on paper
- Draw
- Draw a picture
- Draw cartoons
- Drink cold water
- Drink tea
- Eat a healthy snack
- Engage in a hobby
- Engage in problem-solving
- Establish healthy boundaries (tell your friend you aren't going to spend time with them if they make fun of you)
- Exercise
- Express your feelings to someone
- Garden
- Get enough sleep (at least 8 hours)
- Give someone a hug
- Give yourself a pep talk
- Go for a walk
- Hug a stuffed animal
- Hum your favorite song
- Identify a positive thought
- Identify your emotions
- Jog in place
- Keep a positive attitude
- Laugh
- List positives about you
- List the things you feel grateful for
- List your positive qualities
- Listen to music
- Listen to nature sounds
- Look at animal pictures
- Look at landscape photos that help you feel relaxed
- Look at pictures that remind you of the people, places, and things that bring you joy
- Look at pictures you've taken
- Make a gratitude list
- Make a list of things you look forward to in the future
- Make a list of choices
- Make a to-do list
- Make your day's schedule
- Meditate
- Organize something
- Paint with water colors
- Paint your nails
- Pet an animal
- Picture your "happy place"
- Plan a fun trip
- Play a card game
- Play an instrument
- Play a sport
- Play with a pet
- Play with clay
- Practice breathing exercises (your school counselor has some great ones!)
- Practice problem solving
- Practice yoga
- Put a puzzle together
- Put on lotion that smells good



List of Coping Skills cont.

- Read a funny book
- Read a joke book
- Read a magazine
- Reframe the way you are thinking about the problem
- Rip paper into pieces
- Say something kind to yourself
- Say, "I can do this"
- Schedule time for yourself
- Set a goal
- Sit and relax all your muscles
- Slowly count to ten
- Smile (just smile in general)
- Smile at others
- Smile in the mirror
- Spend time in nature
- Squeeze a stress ball
- Stand up and stretch
- Take a bath
- Take deep breaths
- Take pictures
- Talk to a friend
- Talk to an adult
- Talk to your school counselor
- Tell someone you are thankful for them
- Think about someone you love
- Think of a pet you love
- Think of something funny
- Think of something happy
- Use a relaxation app
- Use a stress ball
- Use an I-statement
- Use aromatherapy
- Use positive self-talk
- Use progressive muscle relaxation
- Visualize a stop sign
- Visualize your favorite place
- Walk away (leave a situation that is causing you stress)
- Watch a funny video
- Watch a good movie
- Work on managing your time better
- Write a letter
- Write a list
- Write a poem
- Write a positive note
- Write a story
- Write a thank you note
- Write down your thoughts

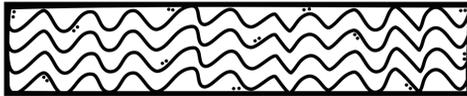


COPING SKILLS WORKSHEET

COPING SKILLS I ALREADY USE:

1. _____
2. _____
3. _____
4. _____
5. _____

WHAT STRESSES ME OUT:



NEW COPING SKILLS TO TRY:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

