COPING SKILLS

Read a joke book
Give yourself a pep talk
Try deep breathing
Talk to a trusted friend
Make a to-do list
Write in a journal
Use progressive muscle relaxation
Draw
Listen to music
List the things you feel grateful for
Spend time outside
Clean a small area of your house
Read a book
Meditate
Use aromatherapy
Play a board game

Practice breathing exercises
Color
Do yoga
Reframe the way you are thinking about the problem
Use progressive muscle relaxation
Picture your “happy place”
Drink tea
Squeeze a stress ball
Put on lotion that smells good
Look at photos that help you feel relaxed
Look at pictures that make you happy
Take a bath
Use a relaxation app
Go for a walk