

Coping Skills

As kids grow older, they face new stressors and challenges. By helping your child develop healthy **coping skills** (tools to help them manage their feelings and reduce stress), you're helping them become more **resilient** (better able to handle life's ups and downs).

Coping skills ideas

Everyone is different, and what works one day may not work the next. Encourage your child to try lots of different coping strategies to help them find what works best for them.

The options are limitless, but here are some ideas to get you started:

 Be active	 Find your calm	 Get creative	 Connect with others	 Shift your mindset
Put on music and dance	Take some deep breaths	Color, draw or paint	Cuddle or play with your pet	Think of something positive
Build with Legos or blocks	Listen to music or sing a song	Play with Play-Doh or sand	Read a book with someone	Focus on one thing you're grateful for
Do 10 jumping jacks	Close your eyes and count to 10 or backward from 100	Play an instrument	Play a game with a friend or family member	Identify your top three strengths
Run in place for 20 seconds	Take a quiet break or rest	Make up a song	Work with someone on a puzzle	Think about something you're looking forward to
Bounce a ball or play catch	Have a drink of cold water	Write about your thoughts or feelings	Write someone a letter	Focus on the present moment
Go for a walk, run or hike	Blow bubbles	Create a dance	Share your feelings with someone you trust	Think about something that makes you laugh
Squeeze a stress ball	Think of a calm, happy place	Write a poem	Ask for help	Practice reframes ("I didn't fail; I learned")
Do yoga or stretch	Look at pictures of a favorite memory	Make up a new game	Call a friend to catch up	Focus on what is in your control



Coping strategies are also helpful for adults. Practicing them is a great way to take care of yourself, be more present and model healthy ways to manage stress.

For more coping skills ideas, visit Strong4Life.com/coping