Coping Strategies

1. Take deep breaths, in through nose and out through mouth
2. Play sports or exercise
3. Think of something funny
4. Take a walk
5. Do yoga
6. Stand up and stretch
7. Listen to music, especially uplifting or inspirational music
8. Take a time out
9. Slowly count to 10 (or 100, or 1,000, can be forwards or backwards)
10. Use positive self-talk
11. Say something kind to yourself, compliment yourself
12. Talk to a trusted friend
13. Talk to a trusted adult
14. Close your eyes and relax
15. Repeat encouraging mantras to yourself, e.g. "I can do this"
16. Visualize your favorite place or a safe place, including details: what do you see, how does it smell, what do you hear, what do you feel
17. Think of something happy
18. Think of a pet you love
19. Think about someone you love
20. Get enough sleep
21. Eat a healthy snack
22. Read a good book
23. Set a goal, including steps to accomplish it
24. Jog in place
25. Write in a journal
26. Hum your favorite song
27. Doodle on paper
28. Draw a picture
29. Color a coloring page
30. Clean something
31. Meditate
32. Use a stress ball
33. Dance
34. Write a letter
35. Look at old pictures, or pictures you've taken
36. Make a gratitude list – carry it around in your purse or wallet as a reminder
37. List your positive qualities
38. Do something kind for someone else
39. Give someone a hug
40. Put a puzzle together
41. Do something you love
42. Build something
43. Play with clay or silly putty
44. Hug a stuffed animal
45. Write down a stressor and rip it into pieces
46. Play an instrument
47. Watch a good movie
48. Take pictures
49. Garden
50. Write a list
51. Schedule pamper time for yourself
52. Blow bubbles
53. Write a positive note to yourself or someone else
54. Chew gum
55. Paint your nails
56. Write a story or fairy tale
57. Blog
58. Read a joke book
59. Write a poem or song
60. Drink cold water
61. Draw cartoons
62. Read a magazine, look at pictures in a nature magazine
63. Write a thank-you note, tell someone you are thankful for them
64. Make a list for the future
65. Read inspirational quotes
66. Visualize a stop sign
67. Laugh
68. Smile in the mirror
69. Smile at others
70. Do school work
71. Look at animal pictures
72. Hyperfocus on an object – notice everything you can about it
73. Notice five things you can see around you
74. Paint
75. Use a relaxation/meditation app
76. Watch a funny video
77. Drink some tea, hot chocolate, or other soothing drink
78. Cook or bake
79. Plan a fun trip
80. Use an I-statement – focus on your own thoughts/beliefs rather than making assumptions about the other person
81. Try to identify your emotions and where they are coming from
82. Write down your thoughts
83. Identify and reward yourself for positive thoughts
84. Make your day's schedule
85. Ask yourself, "what do I need right now?" and be honest with yourself
86. Pet an animal
87. Make a list of choices – situations have options
88. Ask a trusted adult for help
89. Organize something
90. Play a card game or solitaire
91. Listen to nature sounds
92. Tense and then relax all of your muscles
93. Ask for a break
94. Make your bed
95. Play a computer/video game
96. Turn on all the lights
97. Sit in the sun and close your eyes
98. Throw rocks into the woods, river, or an empty field
99. Suck on a peppermint
100. Compliment someone
101. Listen to a motivational speech
102. Practice a relaxation exercise (e.g. facial, yoga, meditation)
103. Do jumping jacks or jump rope
104. Do the dishes
105. Invite a friend over
106. Make an upbeat playlist
107. Rearrange your room
108. Plant a flower
109. Sew, knit, crochet, or some other craft
110. Make a collage or vision board
111. Scream into a pillow
112. Brush your hair 100 times
113. Use some nicely scented lotion
114. Think of 3 foods for every letter of the alphabet without skipping any (can try this with other categories, too: athletes, flowers, etc.)
115. Write down how you feel and why, read it once, and then put it away
116. Write something positive about yourself for every letter of the alphabet – decorate it and hang it where you will see it every day
117. Slowly eat one piece of candy
118. Do extra credit homework
119. Volunteer

120. Offer to walk a neighbor's dog
121. Find a safe, quiet place to sit – set a timer for five minutes and see if you can sit still
122. Draw a cheerful picture outside with sidewalk chalk
123. Do something for your spirituality, e.g. pray, sing a religious song, recite a religious verse or mantra
124. Make decorations for your room, fridge, mirror, etc.
125. Decorate your mirror with positive affirmations and favorite photos
126. Do a crossword puzzle, word search, sudoku, or other puzzle
127. Call a hotline
128. Put on your favorite outfit
129. Do your makeup or hair
130. Make friendship bracelets and give one to someone who looks lonely
131. Go on a scavenger hunt – challenge yourself to find and take pictures of 15 different kinds of flowers (or animals, or houses, etc.)
132. Take a shower/bath or wash your hair
133. Rest – take a nap or go to bed early
134. Shred paper scraps or old mail
135. Learn a new board game
136. Stare at a picture – notice all of the details and create a story from it
137. Play hacky sack
138. Go to the movies
139. Write a list of compliments for someone you know and give it to them
140. Make and decorate and frame for your favorite photo
141. Think of 10 more things to add to this list of coping skills :)
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