

101

COPING

SKILLS

HEALTHY WAYS TO DEAL WHEN YOU NEED A BIT OF GROUNDING

101 COPING SKILLS

1. Listen to music
2. Go for a walk
3. Take a relaxing bath or shower
4. Drink some tea
5. Deep breaths - 5 counts in, 5 counts out
6. Call/text a friend
7. Meditate
8. Stretch
9. Make a list of things for which you are grateful
10. Alternately tap your knees
11. Watch a funny video
12. Eat your favorite snack
13. Take a nap
14. Journal (write your thoughts and feelings)
15. Write poetry
16. Read a book
17. Cook or bake
18. Dance
19. Sing or play an instrument
20. Hug someone
21. Express yourself creatively through art
22. Smile
23. Use positive affirmations
24. Plan something fun to look forward to
25. Surf the Internet
26. Watch your favorite TV show
27. Play a board game or cards
28. Play video games
29. Take pictures
30. Move your body (e.g. running, yoga)
31. Set a positive intention for the day
32. Take a moment to notice something beautiful
33. Meditate, pray or contemplate
34. Light a candle and relax
35. Write a letter (to yourself or someone else)
36. Focus on self-compassion
37. Name your emotion, allow yourself to observe the emotion without judgment
38. Cry
39. Clean or organize something
40. Go to a park
41. Compliment someone
42. Express your thoughts/feelings to someone
43. Review old photos of positive memories
44. Paint your nails
45. Spend time with a pet
46. Do a relaxation exercise
47. Redirect negative thoughts to more balanced thoughts
48. Find the silver lining in a negative situation
49. Help someone else
50. Eat something nourishing
51. Ask for help or support
52. Brainstorm or problem solve
53. Use guided imagery
54. Contemplate on your meaning/purpose/values

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- 55. Accept and become aware of what you cannot control & focus on what you can control
- 56. Create a coping skills box full of tangible items to ground you (a crystal, essential oil, bath bomb, lollipop, bag of tea, meditation track, etc)
- 57. Make a list of your choices in a situation
- 58. Attend a self-help group
- 59. Create a schedule for your day
- 60. Spend time with someone positive
- 61. Sit in a hot tub, sauna or pool
- 62. Read inspirational quotes
- 63. Read self-help articles or books
- 64. Name 3+ of your positive attributes
- 65. Take care of your physical appearance
- 66. Take responsibility for your part of a problem
- 67. Turn a difficult situation into a learning experience, focus on the learning opportunity
- 68. Visit a pet store, animal shelter or feed animals
- 69. Breathe in therapeutic aromas
- 70. Go for a drive
- 71. Sew or knit
- 72. Think of all the people who care about you
- 73. Do a puzzle, word search, etc
- 74. Go out to eat
- 75. Have a picnic
- 76. Go to the library
- 77. Make a collage
- 78. Squeeze a stress ball (or a pillow, playdough, etc)
- 79. Express your appreciation/gratitude to someone
- 80. Read jokes, comics or celebrity gossip
- 81. Read a magazine
- 82. Ask yourself: "What do I need right now?" and take steps towards it
- 83. Go window shopping
- 84. Create a specific plan of action
- 85. Chew gum
- 86. Go people watching
- 87. Go to a museum
- 88. Garden
- 89. Think of something you accomplished
- 90. Focus on being in the present moment
- 91. Write a blog
- 92. Make a list of your personal coping skills
- 93. Play a sport
- 94. Volunteer
- 95. Catch yourself when you are over-thinking
- 96. Write a thank you card to someone
- 97. Wash dishes
- 98. Get a massage (or self-massage)
- 99. Be with nature (e.g. forest, beach)
- 100. Contemplate on love
- 101. Listen to a hypnosis session online

CAN YOU THINK OF OTHERS?