

Coping Skills



Top Ten:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

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|-----------------------|---------------------------|
| Deep Breathing | Exercise |
| Take a Walk | Complete a Crossword |
| Stand Up and Stretch | Puzzle |
| Practice Yoga | Sing |
| Listen to Calm Music | Play a Musical Instrument |
| Repeat a Mantra | Take a Bath |
| Call a Friend | Chew Gum |
| Take a Nap | Grounding |
| Read a Book | Spend Time on Hygiene |
| Eat Something Healthy | Write a Story or Blog |
| Set a New Goal | Drink Water |
| Journal | Read Inspirational Quotes |
| Draw or Doodle | Watch Funny Videos |
| Color a Mandala | Paint |
| Use a Stress Ball | Drink Tea |
| Dance | Cook or Bake |
| GLAD | Plan a Vacation |
| Practice Guided | Relax Under a Weighted |
| Meditation | Blanket |
| Garden | Scale |
| Put Together a Puzzle | Organize Your Schedule |
| Schedule Time with | Pet or Snuggle an Animal |
| Friends | Learn a New Language |
| Play Sports | Let Yourself Cry |
| Take a Cold Shower | Complete a Crossword |

There are many things we can do to cope and to help ourselves manage our own mental health. This is a quick reference if you are feeling stuck and need some extra ideas. Maybe even come up with skills not listed!