

Coping Skill



Alphabet

A

Ask for help
Aromatherapy
Art
Attend an event of interest
Athletics
Ask to talk to a friend
Allow time to think
Apologize
Act out feelings
Address the real issue

B

Bounce a stress ball
Bake something delicious
Be attentive to your senses
Bask in the sun

C

Count backwards by multiples of 3
Color a picture
Catch a ball
Call a crisis line _____
Chat with a friend
Challenge irrational thoughts
Cultivate calming techniques

D

Deep breathing
Draw emotions/feelings
Dance
Do push-ups
Daydream
Drink water
Discuss feelings

E

Eat a snack
Exercise
Escape the situation
Eradicate erroneous thoughts

F

Find a safe place
Finish house work
Find a fishing hole
Fetch funny YouTube videos
Free weights
Find a book to read
Filter through your emotions
Find a puzzle to play
Follow up on a missed opportunity
Find a friend
Free write your feelings
Fly a kite
Focus attention elsewhere

G

Go talk to a trusted adult
Go to a "Happy Place"
Generate positive thoughts
Game
Go to a friend's house
Get help from a teacher
Go outside
Go running
Grow a garden
Get help from others

H

Help someone else with their problem
Hike
Have a party
Hug a pug (or another pet)
Hang out with a sibling
Honor your truth
Have someone listen to your problem

I

"I" statements
Identify triggers
Instagram picture positivity
Initiate conversation
Imagine your "safe place"
Ignore people who bring you down

J

Jog in place
Jot down happy thoughts
Jumping jacks
Jump rope
Journal

K

Kick a soccer ball
Knit
Know your value
Keep hands to yourself

L

Listen and discuss
Laugh out loud
Long walks
Listen to music
Lay down with a soft blanket
Look outside
Learn something new

M

Make a plan
Meditate
Meet new people
Move your body

N

Nap
Never give up
Name something positive

O

Offer assistance
Organize your closet
Open up
Observe your surroundings
Olfactory (smell) senses
Orchestrate a date with a friend

Coping Skill



Alphabet

P

Play a game
Paint a picture
Practice an instrument
Prepare a healthy meal
Play in the park
Phone a friend
Put yourself in the other person's shoes
Periscope out for perspective
Play with playdough

Q

Quiet time
Quilt
Quench your thirst with a glass of water
Quickly remove the stressor
Quote uplifting authors
Question feelings

R

Read
Roast vegetables
Relax
Ride a bike
Reproduce a random act of kindness
Rest
Request space

S

Sing in the shower
Sleep
Send a gratitude letter
Soak in the tub
Stretch your muscles
Surf the emotion wave
Swing in a hammock
Stop and think about your response
Shoot baskets
Speak up
Schedule an appointment for support
Score tickets to an uplifting movie
Stop and listen

T

Talk to a friend
Take a deep breath
Tackle your problem
Tear paper
Tetherball
Take a time-out
Team up with a friend
Talk it out
Telephone support
Tend to a child

U

Unite with family
Undertake a project
Unwind
Utilize your resources
Understand and accept your feelings

V

Visit a grandparent
Volunteer
Visualize your powerful place
Verbalize emotions effectively
Validate your experience
Visit your support team
Vent feelings
Video games

W

Watch a movie
Write poetry
Walk and talk
Workout
Whistle a tune
Wail at the top of your lungs
Wallop a pillow

X

X-ray your feelings
Xerox a picture and color it

Y

Yell into a pillow
Yoga
Yoyo
Yield control

Z

Zigzag around the room
Zumba
Zone out
Zero in on the real problem

List Other Coping Skills Here: