

Coping Skills List

1. Use affirmations
 2. Deep breathing exercises
 3. Watch a movie
 4. Go for a walk
 5. Call someone
 6. Paint/draw/color
 7. Go outside
 8. Play with Legos
 9. Count to 10
 10. Look through a magazine
 11. Be a tourist in your own town.
 12. Take a nap
 13. Do a word search
 14. Cook a meal
 15. Think of a favorite memory
 16. Dance
 17. Stretch/do yoga
 18. Clean your space
 19. Do something nice for someone else
 20. Learn a new skill
 21. Listen to music
 22. Volunteer
 23. Take your pet on a walk
 24. Read a book
 25. Do laundry
 26. Write a song
 27. Play cards or a game
 28. Look up would you rather questions.
 29. Practice grounding techniques.
 30. Write a letter
1. Make cards
 2. Crochet/Knit
 3. Make a photo collage
 4. Make a vision board.
 5. Give yourself a manicure/pedicure
 6. Take a shower/bath
 7. Light a candle
 8. Drink an herbal tea
 9. Do something on your to-do list
 10. Try to make someone laugh
 11. Go somewhere new
 12. Watch a tv show
 13. Use a fidget
 14. Organize your closet
 15. Decorate your space
 16. Practice urge-surfing
 17. Look at a feelings wheel
 18. Do a meditation
 19. Practice mindfulness
 20. Play an instrument
 21. Listen to a podcast
 22. Go for a drive
 23. Do a face mask
 24. Garden/take care of plants.
 25. Practice self-compassion
 26. Write a story
 27. Make a list of things you're worried about and rip it up.
 28. Take photos/edit them
 29. Empty/load dishwasher
 30. Play a game on your phone