

## 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