

COPING SKILLS MEGA LIST

MINDFULNESS

COOKIE BREATHS (10 DEEP BREATHS IN AS IF SMELLING A PLATE OF COOKIES)

MEDITATION (INSIGHT TIMER)

BREATHE IN ESSENTIAL OILS (LAVENDER- MY FAVORITE!)

DRINK TEA

SCENTED CANDLES

ESSENTIAL OIL DIFFUSER

JOURNAL

TALK ALOUD TO YOURSELF ABOUT THE SITUATION

CHALLENGE YOUR THOUGHTS (IS THIS A TRUE, RATIONAL THOUGHT?)

RECORD YOUR MOOD

ONE MINUTE OF FOCUS (HARD FOCUS ON SOMETHING IN FRONT OF YOU, DESCRIBE IT)

SIT IN SILENCE AND DEEP BREATHE

CUT UP/TEAR PAPER, CLOTH, ETC

PLAY WITH SAND

SQUEEZE A STRESS BALL

MAKE SLIME

MASSAGE SILLY PUTTY

FIDGET SPINNER

CHUG A GLASS OF WATER

RUB ICE ON YOUR ARMS OR FEET

SQUEEZE A PILLOW

COCOON YOURSELF IN A BLANKET

PICTURE YOUR HAPPY PLACE

LISTEN TO NATURE SOUNDS

REFRAME (LOOK AT THE SITUATION FROM A MORE POSITIVE LENSE)

LIST WHAT YOU HAVE CONTROL OVER

COPING SKILLS MEGA LIST

DISTRACT

READ

COOK

CLEAN

ORGANIZE YOUR CLOSET

PLAN YOUR WEEK OUT

MAKE A LIST OF YOUR GOALS

LIST 5 THINGS YOU LIKE ABOUT YOURSELF

WATCH OR PLAY A SPORT

TV

MOVIE

VOLUNTEER AT AN ANIMAL SHELTER

CLEAN UP TRASH IN A PARK

HELP SOMEONE ELSE

YOUTUBE FUNNY VIDEOS

DANCE

LISTEN TO MUSIC

PLAY VIDEO GAMES

DISTRACT SELF WITH SCHOOL OR WORK

PLAY A BOARD OR CARD GAME

REARRANGE FURNITURE

TEACH YOUR PET A NEW TRICK

MAKE A COLLAGE OF YOUR FAVORITE THINGS

DO A WORD SEARCH OR CROSSWORD PUZZLE

LIST WHO LOVES YOU

READ QUOTES ON PINTEREST AND WRITE DOWN YOUR FAVORITES

PAINT YOUR NAILS

DO YOUR MAKEUP

DO A FACE MASK

GARDEN

COPING SKILLS MEGA LIST

REACH OUT FOR HELP

PET AN ANIMAL

TALK TO SOMEONE ABOUT IT

WRITE A LETTER

TEXT OR CALL AN OLD FRIEND

PRAY

TALK TO YOUR THERAPIST

CALL/MESSAGE A MENTAL HEALTH HOTLINE (1-800-273-8255)

GET A HUG

CREATIVE

CRAFT

ART (PAINT, DRAW, COLOR, PLAY WITH CLAY)

SING (LOUDLY!)

WRITE POETRY OR SONGS

PLAY AN INSTRUMENT (OR LEARN TO :))

DOODLE

COLORING BOOK

COPING SKILLS MEGA LIST

PHYSICAL

BATH

SHOWER

CRY IN THE SHOWER (NO ONE WILL EVER KNOW ;))

CRY

SLEEP

WALK AWAY FROM THE SITUATION, GIVE YOURSELF A BREAK

GO ON A WALK

GET OUTSIDE

RUN

BIKE

JUMPING JACKS

PUNCH A PUNCHING BAG

SCREAM INTO A PILLOW

SIT IN A HAMMOCK

SIT ON THE BEACH

STRETCH

GET A MASSAGE

GET A MANICURE/PEDICURE

TRY REIKI

EXERCISE

DO RESTORATIVE YOGA