Coping Skills

stress free
aromatherapy
watch a movie
garden
cook
exercise
stress ball
cope
journal
listen to music
pray
meditate
Petting an animal
walk away
coping skills
give a hug
do a puzzle
hug a stuffed animal

clean something
take a bath
playing a game

be positive
draw
eat
punch a pillow
talk to an adult
watch TV
deep breathing