## Coping skills 1

### Arts & Crafts
- Count to Ten
- Drawing
- Listen to Music
- Play a board game
- Slowly sip a beverage
- Take a time out
- Think about loved ones

### Clean
- Deep Breathing
- Exercise
- Paint your nails
- Play cards
- Squeeze a stress ball
- Talk to a friend
- Watch a fish

### Coloring
- Do a puzzle
- Find safe place
- Painting
- Sewing
- Stretch
- Talk to self
- Write a letter

### Cooking
- Draw a random design
- Just breathe
- Pet your dog or cat
- Sing
- Take a shower
- Think about happy memories
- Write in a Journal