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

Find safe place
Write a letter

Talk to a friend
Take a time out
Slowly sip a beverage

Play cards
Squeeze a stress ball

Talk to a friend
Talk to self

Spend time with loved ones
Take a break

Wash your face
Drink water

Go for a walk
Get a massage

Listen to calming music
Read a book

Write in a Journal
Spend time with loved ones

Breathe slowly and deeply
Listen to soothing music

Write a letter
Spend time with loved ones

Take a deep breath
Listen to calming music

Write a letter
Spend time with loved ones