Coping Skills

Bake cookies
Doodle on paper
Go shopping
Journal
Play with a pet
Read a good book
Sing
Tear paper
Write poetry

Clean something
Exercise
Go to friend's house
Listen to music
Play with little kids
Rearrange furniture
Study the sky
Text a friend

Deep breathing
Go for a walk
Imagery
Meditate
Punch a punching bag
Relaxation
Surf the internet
Visualization

Do a puzzle
Go see a movie
Jogging
Paint your nails
Put on fake tattoos
Ride a bike
Take a bubble bath or shower
Watch a TV show

Rearrange furniture
Go for a walk
Imagery
Meditate
Punch a punching bag
Relaxation
Surf the internet
Visualization

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