Coping Skills Activities

- Deep breathes
- Go to a park
- Create something
- Clean
- Cook
- Friends
- Laughter
- Music
- Pray
- Volunteer
- Retreats
- Walk
- Watch television
- Bike ride
- Bake
- Garden
- Massage
- Meditate
- Hike
- Read
- Sunbathe
- Yoga
- Aerobics
- Journal
- Yoga
- Meditate
- Retreats
- Bike ride
- Volunteer
- Pray
- Music
- Laughter
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