

## 117 Healthy Coping Skills

1. Practice deep breathing- in through your nose, out through your mouth \
2. Do a puzzle
3. Draw, paint or color
4. Listen to uplifting or inspirational music \
5. Blow bubbles \
6. Squeeze an ice cube tightly
7. Go to the library \
8. Visit the animal shelter \
9. Pet your cat or dog \
10. Clean or organize a space \
11. Make your bed \
12. Play a game on the computer \
13. Turn on all the lights
14. Sit in the sun and close your eyes \
15. Throw rocks into the woods \
16. Suck on a peppermint \
17. Chew gum \
18. Sip a cup of hot chocolate or tea
19. Compliment someone \
20. Read \
21. Listen to inspirational tapes \
22. Practice a relaxation exercise
23. Jump up and down
24. Write yourself a nice note and carry it in your pocket \
25. Play solitaire
26. Do the dishes
27. Go for a brisk 10 minute walk \
28. Dance to music \
29. Call a friend \
30. Invite a friend over \
31. Organize your CD's \
32. Write positive affirmations on note cards & decorate \
33. Go outside and listen to nature
34. Rearrange your bedroom
35. Work in the garden or flower bed
36. Plant a flower in a pot
37. Sew, knit, or crochet
38. Do yoga
39. Watch a funny or inspirational movie \
40. Make a collage with pictures of your favorite things
41. Make a collage showing a positive future
42. Journal \
43. Use positive self-talk
44. Paint your nails
45. Make a gratitude list
46. Scream into a pillow
47. Swim, run, jog, bike \

48. Jump rope \
49. Smell a flower & touch the petals
50. Play a musical instrument \
51. Do a good deed
52. Shoot hoops
53. Sing your favorite song out loud \
54. Count backwards from 500
55. Brush your hair 100x \
56. Squeeze a stress ball \
57. Use some good smelling lotion \
58. Think of 3 foods for every letter of the alphabet without skipping any
59. Write down how you're feeling & why, read 1x & put it away
60. Visualization- close your eyes and imagine yourself in a beautiful place- how does it smell, what do you see, what do you hear, what do you feel...
61. Write something positive about yourself for every letter of the alphabet- decorate it & hang it where you will see it every day \
62. Slowly eat one piece of your favorite candy \
63. Write a letter to someone \
64. Do extra credit homework
65. Volunteer
66. Offer to walk a neighbor's dog \
67. Find a safe, quiet place to sit & stay there until you know you can be safe
68. Look at pictures in a nature magazine
69. Write a fairy tale \
70. Draw a cheerful picture outside with sidewalk chalk
71. Pray
72. Recite the serenity prayer
73. Print your favorite Bible verse on a card & memorize it
74. Decorate your locker \
75. Decorate your mirror with positive affirmations and your favorite photos \
76. Do a crossword, seek & find, or Sudoku puzzle
77. Visit an inspirational website (try [www.values.com](http://www.values.com))
78. Write a thank you note to your best friend \
79. Call a hotline \
80. Put on your favorite outfit \
81. Do your makeup \
82. Read the comics
83. Draw a cartoon
84. String a necklace
85. Make friendship bracelets & give one to someone who looks lonely
86. Slowly sip a glass of cold water
87. Go on a walk & take photos of flowers on a cell phone or digital camera- challenge yourself to find 15 different kinds
88. Bite your pillow as hard as you can
89. Talk to a stuffed animal \
90. Clean 1 room of your house \
91. Ask a friend to meet you at the park \
92. Wash & style your hair \
93. Go to McDonalds & order an ice cream cone off the dollar menu
94. Rest – take a nap or go to bed early \
95. Buy or check out a fun magazine & read it front-to-back

96. Window shop
97. Shred blank sheets of paper
98. Talk into a tape recorder
99. Play a board game with a friend or sibling
100. Throw a foam ball at an empty wall
101. Stare at a picture- notice all the details & create a story using those elements
102. Play hacky sack
103. Draw random designs & color them in \
104. Turn your designs into cards \
105. Go to the movies
106. Go to the mall & people watch
107. Write a list of compliments about a friend or teacher & give it to them \
108. Make & decorate a foam or paper frame for your favorite photo
109. Write an inspirational quote on your mirror with an eyeliner pencil \
110. Read a joke book
111. Pick out 5 of your favorite jokes & tell them to 3 friends
112. Play with silly putty or modeling clay
113. Make an inspirational banner for your room
114. Blog
115. Write poetry
116. Submit your best piece of poetry to this website
117. Think of 10 more coping skills to add to this list

These are just suggestions- you may find some that you really like or some that don't help at all! Try enough of them until you have a list of at least 10-15 solid coping skills that you can turn to in times of crisis! Then do them even if you don't want to!

\* Recognize warning signs and use self-control skills to de-escalate the situation

\* Identify triggers and plan out how to respond ahead of time

\* Reacting vs. Responding

\* Remember, it is human to have stress.

It is what you do with it that counts!

# 99 Coping Skills

1. Exercise (running, walking, etc.)
2. Put on fake tattoos.
3. Write (poetry, stories, journal).
4. Scribble/doodle on paper.
5. Be with other people.
6. Watch a favorite TV show.
7. Post on web boards, and answer others' posts.
8. Go see a movie.
9. Do a wordsearch or crossword.
10. Do schoolwork.
11. Play a musical instrument.
12. Paint your nails, do your make-up or hair.
13. Sing.
14. Study the sky.
15. Punch a punching bag.
16. Cover yourself with Band-Aids where you want to cut.
17. Let yourself cry.
18. Take a nap (only if you are tired).
19. Take a hot shower or relaxing bath.
20. Play with a pet.
21. Go shopping.
22. Clean something.
23. Knit or sew.
24. Read a good book.
25. Listen to music.
26. Try some aromatherapy (candle, lotion, room spray).
27. Meditate.
28. Go somewhere very public.
29. Bake cookies.
30. Alphabetize your CDs/DVDs/books.
31. Paint or draw.
32. Rip paper into itty-bitty pieces
33. Shoot hoops, kick a ball.
34. Write a letter or send an email.
35. Plan your dream room (colors/furniture).
36. Hug a pillow or stuffed animal.
37. Hyperfocus on something like a rock, hand, etc.
38. Dance.
39. Make hot chocolate, milkshake or smoothie.
40. Play with modeling clay or Play-Dough.
41. Build a pillow fort.
42. Go for a nice, long drive.
43. Complete something you've been putting off.
44. Draw on yourself with a marker.
45. Take up a new hobby.
46. Look up recipes, cook a meal.
47. Look at pretty things, like flowers or art.
48. Create or build something.
49. Pray.
50. Make a list of blessings in your life.
51. Read the Bible.
52. Go to a friend's house.
53. Jump on a trampoline.
54. Watch an old, happy movie.
55. Contact a hotline/ your therapist.
56. Talk to someone close to you.
57. Ride a bicycle.
58. Feed the ducks, birds, or squirrels.
59. Color with Crayons.
60. Memorize a poem, play, or song.
61. Stretch.
62. Search for ridiculous things on the internet.
63. "Shop" on-line (without buying anything).
64. Color-coordinate your wardrobe.
65. Watch fish.
66. Make a CD/playlist of your favorite songs.
67. Play the "15 minute game." (Avoid something for 15 minutes, when time is up start again.)
68. Plan your wedding/prom/other event.
69. Plant some seeds.
70. Hunt for your perfect home or car on-line.
71. Try to make as many words out of your full name as possible.
72. Sort through your photographs.
73. Play with a balloon.
74. Give yourself a facial.
75. Find yourself some toys and play.
76. Start collecting something.
77. Play video/computer games.
78. Clean up trash at your local park.
79. Perform a random act of kindness for someone.
80. Text or call an old friend.
81. Write yourself an "I love you because..." letter.
82. Look up new words and use them.
83. Rearrange furniture.
84. Write a letter to someone that you may never send.
85. Smile at least five people.
86. Play with little kids.
87. Go for a walk (with or without a friend).
88. Put a puzzle together.
89. Clean your room /closet.
90. Try to do handstands, cartwheels, or backbends.
91. Yoga.
92. Teach your pet a new trick.
93. Learn a new language.
94. Move EVERYTHING in your room to a new spot.
95. Get together with friends and play Frisbee, soccer or basketball.
96. Hug a friend or family member.
97. Search on-line for new songs/artists.
98. Make a list of goals for the week/month/year/5 years.
99. Face paint.

## 72 Ways to Cope With Stress

1. Prepare for morning the night before.
2. Avoid relying on drugs or alcohol.
3. Set appointments ahead.
4. Don't trust your memory, write it down.
5. Play a musical instrument.
6. Set priorities in your life.
7. Avoid negative people.
8. Use time wisely.
9. Make copies of important papers.
10. Anticipate your needs.
11. Repair anything that doesn't work.
12. Ask for help with the hard jobs.
13. Break tasks into bite-size portions.
14. See the opportunity in challenges.
15. Unclutter your life.
16. Smile!
17. Prepare for rain.
18. Pet a friendly cat/dog.
19. Don't "know" all the answers.
20. Say something nice to someone.
21. Teach a kid to fly a kite.
22. Schedule "playtime" every day.
23. Be aware when making decisions.
24. Believe in yourself!
25. Stop saying negative things to yourself.
26. Visualize yourself, winning.
27. Develop your sense of humor.
28. Focus on today, first.
29. Have goals for yourself.
30. Ask a friend for a hug.
31. Look up at the stars.
32. Practice breathing slowly.
33. Learn to whistle a tune.
34. Read a poem/book/listen to music.
35. Do a brand new thing.
36. Stop a bad habit.
37. Take time to smell the flowers.
38. Find support from others.
39. Don't put things off, do it today.
40. Work at being cheerful, optimistic.
41. Put safety first.
42. Strive for excellence, not perfection.
43. Stretch your limits a little each day.
44. Look at a work of art.
45. Hum a jingle.
46. Work in a vegetable/ flower garden.
47. Practice grace under pressure.
48. Do creative writing.
49. Stand up and stretch.
50. Always have "PLAN B".
51. Memorize a joke.
52. Be responsible for your feelings.
53. Meet your own needs.
54. Freely praise other people.
55. Know your limitations.
56. Talk less, listen more.
57. Exercise each day.
58. Get to work early.
59. Learn the words to a new song.
60. Go on a picnic.
61. Participate in sports or hobbies.
62. Keep up responsibilities.
63. Watch a movie/have snacks.
64. Write a note to a faraway friend.
65. Recognize unconditional love!
66. You have choices and options.
67. Stress is an attitude.
68. Keep a journal.
69. Have a support network.
70. Quit trying to fix people.
71. Get enough sleep.
72. Relax, take each day at a time! You have the rest of your life to live.