

50 COPING SKILLS

Movement Breaks

- Play music and dance
- Kick or throw a ball
- Climb or hug a tree
- Do some yardwork
- Play a board game
- Enjoy a nature hike
- Do some stretches
- Go for a bike ride
- Practice yoga
- Jump around
- Play outside
- Go for a run
- Exercise



Get Creative

- Take or look at photographs
- Visualize a peaceful place
- Make or play with slime
- Weave, knit or crochet
- Learn something new
- Colour, paint or draw
- Play an instrument
- Make a scrapbook
- Build something!
- Create some art
- Create origami
- Cook or bake!
- Do a puzzle



Express and Connect

- Speak to yourself with kindness and compassion
- Take slow, mindful breaths
- Talk to someone you trust
- Say positive affirmations
- Journal or write a letter
- Connect with others
- Reach out for help
- Practice gratitude
- Take time to cry
- Scatter kindness
- Smile and laugh
- Write poetry



Find Calm

- Cuddle or play with your pet
- Drink water and eat healthy
- Forgive, let go & move on
- Enjoy a shower or bath
- Take care of the earth
- Try aromatherapy
- Rest or take a nap
- Drink a cup of tea
- Clean or organize
- Use stress tools
- Get lots of sleep
- Read a book

