

Coping Strategies

Mind/Emotions

Talk to someone
Visualize
Read
TV/Movie
Mindfulness
Coloring
Journal
Puzzle or Crossword
Craft/Build
Write
Music
Pray
Draw
Cook
Knit or Sew
Sing
Write a letter
Stress ball or toy
Video games
Paint

Body

Shower or Bath
Deep Breathing
Run
Walk
Swim
Bike
Yoga
Rest or Nap
Massage
Scream or Yell
Garden
Play with a pet