

Coping Skills

Coping skills are things we can do to make ourselves feel better when we are going through difficult times.

The activities listed below are things you can do to help you feel better when you are upset.

Take Care of Yourself:

- Eat Healthy Food
- Sleep Well
- Understand How You Feel

Exercise:

- Go for a Walk
- Ride a Bike
- Do Yoga

Do Things You Enjoy:

- Draw
- Enjoy Nature
- Laugh
- Sing
- Hang Out with Friends
- Play a Game
- Watch a Movie
- Paint
- Listen to Music
- Make a Playlist
- Make a List of Things You Like

Get Help:

- Talk to a Friend
- Talk to a Trusted Adult

Get Away from the Problem:

Change Your Thoughts by Using different Parts of Your Brain:

- Read
- Write a Story or Poem
- Set a Goal
- Learn Something New
- Journal

Keep a Positive Attitude:

- Make a List of Things You Like
- Focus on What You Can Control
- Say Positive Affirmations

Use a Stress Ball

Take 10 Deep Breaths

Helping Other People Can Shift Our Focus and Make Us Feel Better.

- Perform a Random Act of Kindness