

COPING SKILLS

for Everyone

EMOTIONAL

Balance

- Take deep breaths
- Listen to music
- Watch a movie
- Write a letter
- Express your feelings
- Write a poem
- Drink cold water
- Take pictures
- Close your eyes and relax
- Visualize your favorite place
- Think about someone you love
- Write in a journal
- Listen to nature
- Sing a song
- Look at 5 things of 1 color
- Meditate
- Smell flowers
- Use a stress ball
- Fidget spinner
- Give a hug
- Take a break

PHYSICAL

Activation

- Play sports
- Take a walk
- Practice yoga
- Stretch
- Jog in place
- Jump rope
- Draw a picture
- Paint a picture
- Meditate
- Dance
- Play with clay

MENTAL

Focus

- Think of comedy
- Take a time out
- Speak Positivity about yourself
- Speak Kindness
- Talk to a friend
- Blow bubbles
- Write a story
- Complete a puzzle
- Talk to an adult
- Think of something happy
- Think of a pet
- Visualize your favorite place
- Say, "I can do this"
- Read a book
- Color a picture
- Clean/organize a space
- Count to 50
- Count backwards from 10
- Write down your qualities
- Look at pictures

BUILD CONFIDENCE

Personal Affirmations

- I am successful.
- I am confident.
- I am powerful.
- I am strong.
- I am getting better and better every day.
- I'm complete
- I'm going to have a great day
- I'm smart
- I'm kind

SAFETY

- Pay attention to your surroundings
- Stay away from danger
- Listening
- Asking questions
- Tell others when something feels wrong
- Talk to a friend about your feelings
- Don't talk to strangers