

Coping Skills

- Enjoy nature
- Play a game
- Laugh
- Say positive statements
- Exercise
- Painting
- Take 10 deep breaths
- Write a story or poem
- Watch a movie
- Use a journal
- Get away from the problem
- Singing
- Do yoga
- Keep a positive attitude
- Use a stress ball
- Spend time with family
- Talk to an adult
- Eat healthy
- Perform random acts of kindness
- Try to understand your feelings
- Do a puzzle
- Go for a walk
- Listen to music
- Play with a pet
- Go outside and play