

Coping Tools: What Helps ME!



- Read a book or magazine
- Climb a tree or plant some flowers
- Journal or write a letter
- Make a collage or scrapbook
- Rest, nap, or take a break
- Go on a hike, walk, or run
- Drink water or a warm cup of tea
- Play a board game or do a puzzle
- Do something kind for someone else
- Make & play with slime
- Discover treasures in nature
- Relax with a hot shower or bath
- Exercise!
- Practice some yoga or stretches
- Cuddle or play with your pet
- Play outside or build a fort!
- Cook or bake
- Talk to someone you trust
- Weave, knit, or crochet
- Build something
- Visualize a peaceful place
- Talk to someone you trust
- Make some art or do a craft
- Take slow, mindful breaths
- Clean, de-clutter, organize
- Use aromatherapy
- Cry
- Listen to music
- Use a stress ball or other fidget
- Eat a healthy snack
- Sing or dance
- Laugh!