



100 Healthy Coping Skills

1. Practice breathing-in through your nose, out through your mouth
2. Do a puzzle
3. Draw, paint or color
4. Listen to uplifting or inspirational music
5. Blow bubbles
6. Go to the library
7. Visit an animal shelter
8. Pet your cat or dog
9. Clean or organize a space
10. Make your bed
11. Play a game on the computer
12. Turn on all the lights
13. Sit in the sun and close your eyes
14. Throw rocks into the woods
15. Suck on a peppermint
16. Chew gum
17. Sip a cup of hot chocolate or tea
18. Compliment someone
19. Read
20. Listen to inspirational podcasts
21. Practice a relaxation exercise
22. Jump up and down
23. Write yourself an encouraging note and carry it in your pocket
24. Play solitaire
25. Do the dishes
26. Go for a brisk 10 minute walk
27. Dance to music
28. Call a friend
29. Invite a friend over
30. Write positive affirmations on note cards & decorate
31. Go outside and listen to nature
32. Rearrange your bedroom
33. Work in the garden or flower bed
34. Plant a flower in a pot
35. Sew, knit, crochet
36. Watch a funny or inspiration movie
37. Make a collage with pictures of your favorite things
38. Journal
39. Write a poem

40. Paint your nails
41. Make a gratitude list
42. Swim, run, jog, hike
43. Jump rope
44. Smell a flower and touch the petals
45. Play a musical instrument
46. Do a good deed
47. Play basketball
48. Sing your favorite song out loud
49. Squeeze a stress ball
50. Use some good smelling lotion
51. Think of 3 foods of every letter of the alphabet without skipping any
52. Write down how you are feeling and why; read one time and put it away
53. Visualization – close your eyes and imagine yourself in a beautiful place- How does it smell, what do you see, what do you hear, what do you feel
54. Write something positive about yourself for every letter of the alphabet. Decorate it and hang it where you will see it everyday
55. Slowly eat one piece of your favorite candy
56. Write a letter to someone
57. Do extra credit homework
58. Volunteer
59. Offer to walk a neighbor's dog
60. Find a safe, quiet place to sit and stay there until you know you can be safe
61. Look at pictures in a nature magazine
62. Write a fairy tale
63. Draw a cheerful picture outside with sidewalk chalk
64. Pray
65. Recite the serenity prayer
66. Print your favorite Bible verse on a card and memorize it
67. Decorate your locker
68. Decorate your mirror with positive affirmations and your favorite photos
69. Do a crossword, seek & find, or Sudoku puzzle
70. Write a thank you note to your best friend
71. Call a hotline
72. Put on your favorite outfit
73. Do your makeup
74. Read the comics
75. Draw a cartoon
76. Slowly sip a glass of cold water
77. Go for a walk and take pictures of flowers; challenge yourself to find 15 different kinds
78. Clean one room of your house
79. Ask a friend to meet you at the park
80. Wash and style your hair
81. Stretch your body for 10 minutes

82. Buy or check out a fun magazine and read it from front to back
83. Window shop
84. Play a board game with a friend or sibling
85. Throw a foam ball at an empty wall
86. Play hacky sack
87. Draw random designs & color them in
88. Turn your designs into cards
89. Go to the movies
90. Go to the mall & people watch
91. Write a list of compliments about a friend or teacher & give it to them
92. Write an inspirational quote on your mirror with an erasable marker
93. Read a joke book
94. Play with silly putty or modeling clay
95. Make an inspirational banner for your room
96. Blog
97. Create/Write songs
98. Decorate your bedroom door to coincide with the season
99. Upcycle clothing
100. Work out

These are just suggestions – you may find some that you really like or some that don't help at all! Try enough of them until you have a list of at least 10-15 solid coping skills that you can turn to in times of crisis! Then do them even if you don't want to! Stay safe!!