

Healthy Coping Skills

1. Exercise
2. Journal
3. Draw or Color
4. Listen to music
5. Take a bath
6. Play with a pet
7. Spend time in nature
8. Clean the house (or a closet, drawer, or area)
9. Read a book or magazine
10. Meditate
11. Play a game with your kids
12. Cook a meal
13. Engage in a hobby
14. Pray
15. Practice breathing exercises
16. Make a list of things you're grateful for
17. Work in your garden
18. Do yoga
19. Reframe the way you are thinking about the problem
20. Use progressive muscle relaxation
21. Picture your "happy place"
22. Say positive affirmations to yourself
23. Drink coffee or tea
24. Put on lotion that smells good
25. Look at inspirational photos that help you feel relaxed
26. Think of something funny
27. Get a haircut, do your nails, etc.
28. Smile
29. Use a relaxation app
30. Go for a walk

