

THE BIG LIST OF COPING SKILLS

1. Talk to someone (friend, family, or anyone who might be helpful)
2. Cry
3. Go for a quick walk or run
4. Make a "To-Do" list
5. Create a new story
6. Seek to understand, not to blame
7. Review the negative event: What can you do differently next time?
8. Notice the cost of your choices: What's the payoff? What are the consequences?
9. Set up an action plan
10. Describe your environment in detail
11. Play a "categories" game with yourself. Think of as many things in a topic as you can (TV shows, types of cars, types of dogs, etc.)
12. Describe an everyday activity in great detail
13. Use an image to separate yourself from the problem (a wall, a shield, change the channel on your pain, ice skate away from your pain, etc.)
14. Use humor. Think of a joke, watch a funny video on YouTube
15. Count to 10 or say the alphabet slowly
16. Run cool or warm water over your hands
17. Grab tightly to the side of your chair as hard as you can
18. Use a grounding object and carry it with you (a small object you can touch or play with without bringing attention to yourself)
19. Stretch
20. Eat something small mindfully (gum, piece of candy, can of pop, tea)
21. Say kind statements to yourself
22. Think of your favorites (for example: color, animal, season, food, tv show, video game, book)

23. Look at a picture of someone you care about
24. Remember the words to an inspiring song, quote, or poem that makes you feel better
25. Remember a safe place (somewhere you find soothing and focus on everything about that place)
26. Say a coping statement to yourself (I can handle this, this too shall pass)
27. Think of something you're looking forward to later (an activity, treat, etc.)
28. Plan a safe treat for yourself (food, a warm bath, exercising, etc.)
29. Practice deep breathing
30. Do a puzzle
31. Draw, paint, or color
32. Listen to an uplifting/inspiring song
33. Blow bubbles
34. Read a book
35. Pet your dog or cat
36. Clean or organize a space
37. Make your bed
38. Play a video game
39. Spend time outside and enjoy nature
40. Meditate
41. Drink hot tea or hot chocolate
42. Do something nice for someone else
43. Dance (by yourself or with someone else)
44. Play or learn to play a musical instrument
45. Play solitaire
46. Do a quick chore
47. Go for a walk

48. Work in a garden or flower bed
49. Sew, knit, or crochet
50. Do yoga or Tai Chi
51. Watch a funny or inspirational movie or video
52. Make a collage
53. Journal
54. Write a poem or rap
55. Practice self-care (get your nails done, get a massage, etc.)
56. Make a gratitude list
57. Scream into a pillow
58. Stop and smell the flowers
59. Shoot hoops
60. Sing your favorite song out loud
61. Squeeze a stress ball
62. Use good-smelling lotion
63. Write something positive about yourself for every letter of the alphabet
64. Write a letter to someone
65. Volunteer somewhere
66. Help a random stranger in need
67. Pray
68. Decorate something (a mirror, your locker, your desk)
69. Recite the serenity prayer
70. Do a crossword, word search, or Sudoku puzzle
71. Call a hotline
72. Dress up (put on nice clothes, go all out)

73. Read some comics/graphic novels
74. Draw a cartoon
75. Make a friendship bracelet
76. Slowly sip a glass of cold water
77. Take pictures
78. Eat something you enjoy
79. Tear blank sheets of paper/phone books
80. Play a board or card game with someone
81. Bounce a foam ball off an empty wall
82. Color a mandala
83. Go to the mall and people watch
84. Write a list of compliments for a friend, teacher, or coworker and give it to them
85. Play with silly putty or modeling clay
86. Play a sport
87. Be thankful for what you *do* have
88. Braid your hair
89. Watch a sunrise or sunset
90. Bake a sweet treat
91. Make pottery and design it
92. Tense and release the muscles in your body
93. Do the best you can with what you have
94. Find meaning in the struggle
95. Think of the different choices you have
96. Go to a support group
97. Reframe negative thoughts

98. Lift weights
99. Take a nap
100. Jump up and down
101. Skip rocks along water
102. Go fishing
103. Go swimming
104. Canoe or kayak
105. Play in the snow
106. Practice a marital art
107. Practice your own spirituality
108. See a therapist or psychiatrist
109. Get a hug from someone you care about
110. Make an affirmation box and put a kind thing about yourself in a box every day. Read them when you're having a hard time.

Things to Remember!

- Practice makes perfect. Even when you don't need it, so you'll know to do it by heart when a bad situation comes up
- There is no "one size fits all." What works for someone else may not work for you. The trick is finding something that best works for YOU!
- Think about why a coping skill is helpful. Why does focusing on something else help? What about that part is most helpful? It might help you to find other, similar coping skills that might be useful or even find what lies at the heart of why you're struggling
- Coping skills are not a fix-all. While they are useful to help you calm down and think clearly, you still have to deal with the situation that got you worked up in the first place. If it is not, the chances of your situation improving get smaller.
- Never, never, never, never, never, never give up! Just because something doesn't work doesn't mean nothing will ever work. Keep trying to find what works best for you!