

100 coping skills

1. Start the day with a thought of gratitude
2. Journal your thoughts
3. Go for a walk
4. Take a bath
5. Create a collage from magazines
6. Take three deep breaths
7. Talk to a friend
8. Text a friend
9. Read 10 pages of a book
10. Sprint or run
11. Play with silly putty
12. Create something with clay (model magic)
13. Simply squeeze clay
14. Hold something soft, like felt, in your hand
15. Talk to a family member
16. Scribble on a piece of paper
17. Rip a piece of paper
18. Stomp on the ground
19. Yell into a pillow
20. Create a list of places you'll like to visit
21. Watch Netflix
22. Watch a funny video
23. Paint with watercolors
24. Drink a cup of tea
25. Ride your bike
26. Step outside | Get in nature
27. Write a message to a friend you haven't talked to in a while
28. Write one positive word 20 times
29. Write how you feel on paper
30. Create art about how you feel
31. Try something new

32. Listen to music
33. Write music
34. Listen to a song that matches your mood
35. Listen to a song that matches how you'd like to feel
36. Create a Zentangle piece of art
37. Teach someone else how to create a Zentangle tangle
38. Do pushups
39. Cry
40. Take a nap
41. Meditate for 1 minute
42. Color a mandala
43. Go to a friend's house
44. Go somewhere public
45. Play a computer game or video game
46. Practice yoga: try a sun salutation
47. Practice progressive muscle relaxation
48. Squeeze your hands into a fist and release
49. Clean a room
50. Take a shower
51. Read a magazine
52. Sit in a sunny spot outside
53. Start a crossword puzzle
54. Knit
55. Create a word collage
56. Stretch
57. Write a letter to someone you appreciate
58. Write a letter to yourself
59. Go to a movie
60. Organize something
61. Push against a wall with palms flat
62. Name 5 things you see that are blue out loud
63. Name 4 things you hear out loud

64. Name 3 things you smell out loud
65. State one affirmation out loud
66. Write one affirmation 10 times
67. Give yourself permission to take a "worry break"
68. Create a list of trips you would like to take
69. Go to a museum
70. Find a music show to attend
71. Go to a matinee movie
72. Try square breathing | Inhale 4 seconds, hold 4 seconds, exhale 4 seconds, hold 4 seconds
73. Get coffee or tea with a friend
74. Go to a coffee shop on your own
75. Light a candle
76. Vacuum a room
77. Create a list of 100
78. Go to a bookstore | Find a new magazine
79. Create a coping skills box
80. Listen to upbeat music on Spotify
81. Create a stream of consciousness journal page
82. Hug a friend
83. Visit an art store and find something new to try
84. Purchase a new coloring book
85. Print out a free coloring page
86. Play basketball or another sport
87. Go on a hike
88. Look up a new recipe and prepare it
89. Go shopping
90. Walk around the block
91. Ask a friend to lunch
92. Look at photos that make you feel comforted
93. Watch tv
94. Watch your favorite movie
95. Listen to your favorite song on repeat

96. Dance
97. Sit with a friend
98. Listen to a podcast
99. Cover a large piece of paper with scribbles
100. Close your eyes and take deep 20 slow deep breaths