**117 Healthy Coping Skills**

1. Practice deep 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. Squeeze an ice cube tightly

7. Go to the library

8. Visit the animal shelter

9. Pet your cat or dog

10. Clean or organize a space

11. Make your bed

12. Play a game on the computer

13. Turn on all the lights

14. Sit in the sun and close your eyes

15. Throw rocks into the woods

16. Suck on a peppermint

17. Chew gum

18. Sip a cup of hot chocolate or tea

19. Compliment someone

20. Read

21. Listen to inspirational tapes

22. Practice a relaxation excercise

23. Jump up and down

24. Write yourself a nice note and carry it in your pocket

25. Play solataire

26. Do the dishes

27. Go for a brisk 10 minute walk

28. Dance to music

29. Call a friend

30. Invite a friend over

31. Organize your CD's

32. Write postive affirmations on note cards & decorate

33. Go outside and listen to nature

34. Rearrange your bedroom

35. Work in the garden or flower bed

36. Plant a flower in a pot

37. Sew, knit, crochet

38. Do yoga

39. Watch a funny or inspirational movie

40. Make a collage with pictures of your favorite things

41. Make a collage showing a positive future

42. Journal

43. Write a poem

44. Paint your nails(not red or black)

45. Make a gratitude list

46. Scream into a pillow

47. Swim, run, jog, bike

48. Jump rope

49. Smell a flower & touch the petals

50. Play a musical instrument

51. Do a good deed

52. Shoot hoops

53. Sing your favorite song outloud

54. Count backwards from 500

55. Brush your hair 100x

56. Squeeze a stress ball

57. Use some good smelling lotion

58. Think of 3 food for every letter or the alphabet without skipping any

59. Write down how your feeling & why, read 1x & put it away

60. Visualization- close your eyes and imagine yourself in a beautiful place- how does it

smell, what do you see, what do your hear, what do you feel...

61. Write something positive about yourself for every letter of the alphabet- decorate it &

hang it where iyou will see it every day

62. Slowly eat one piece of your favorite candy

63. Write a letter to someone

64. Do extra credit homework

65. Volunteer

66. Offer to walk a neighbor's dog

67. Find a safe, quiet place to sit & stay there until you know you can be safe

68. Look at pictures in a nature magazine

69. Write a fairy tale

70. Draw a cheerful picture outside with sidewalk chalk

71. Pray

72. Recite the serenity prayer

73. Print your favorite Bible verse on a card & memorize it

74. Decorate your locker

75. Decorate your mirror with positive affirmations and your favorite photos

76. Do a crossword, seek & find, or sudoko puzzle

77. Visit an inspirational website (try www.values.com)

78. Write a thank you note to your best friend

79. Call a hotline

80. Put on your favorite outfit

81. Do your makeup

82. Read the comics

83. Draw a cartoon

84. String a necklace

85. Make friendship bracelets & give one to someone who looks lonely

86. Slowly sip a glass of cold water

87. Go on a walk & take photos of flowers on a cellphone or digital camera- challenge

yourself to find 15 different kinds

88. Bite your pillow as hard as you can

89. Talk to a stuffed animal

90. Clean 1 room of your house

91. Ask a friend to meet you at the park

92. Wash & style your hair

93. Go to McDonalds & order a ice cream cone off the dollar menu

94. Wash & style your hair

95. Buy or check out a fun magazine & read it front-to-back

96. Window shop

97. Shred blank sheets of paper

98. Talk into a tape recorder

99. Play a board game with a friend or sibling

100. Throw a foam ball at an empty wall

101. Stare at a picture- notice all the details & create a story using those elements

102. Play hacky sack

103. Draw random designs & color them in

104. Turn your designs into cards

105. Go to the movies

106. Go to the mall & people watch

107. Write a list of compliments about a friend or teacher & give it to them

108. Make & decorate a foam or paper frame for your favorite photo

109. Write an inspirational quote on your mirror with an eyeliner pencil

110. Read a joke book

111. Pick out 5 of your favorite jokes & tell them to 3 friends

112. Play with silly putty or modeling clay

113. Make an inspirational banner for your room

114. Blog

115. Write poetry

116. Submit your best piece of poetry to this website

117. Think of 10 more coping skills to add to this list

Print this list- decorate it & hang it where you can see it. 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!!