COPING TOOLS: What Helps Me

- Read a Book or Magazine
- Hug or Climb a Tree
- Journal or Write a Letter
- Use Kind & Compassionate Self-Talk
- Make a Collage or Scrapbook
- Rest, Nap or Take a Break
- Go on a Hike, Walk or Run
- Take Good Care of the Earth
- Drink Water
- Play a Board Game
- Do Something Kind
- Make and Play with Slime
- Discover Treasures in Nature
- Take a Shower or Bath
- Exercise
- Drink a Warm Cup of Tea
- Forgive, Let Go, Move On
- Practice Yoga
- Garden or Do Yardwork
- Jump on a Trampoline
- Cuddle or Play with Your Pet
- Practice Gratitude
- Do a Puzzle
- Blow Bubbles
- Smile and Laugh
- Ride a Bike or Skateboard
- Create Origami
- Cook or Bake
- Ask for Help
- Talk to Someone You Trust
- Weave, Knit or Crochet
- Build Something
- Get a Hug
- Visualize a Peaceful Place
- Stretch
- Make Art
- Use Positive Affirmations
- Take Slow, Mindful Breaths
- Clean, Declutter or Organize
- Use Aromatherapy
- Cry
- Try or Learn Something New
- Listen to Music
- Use a Stress Ball or Other Fidget
- Get Plenty of Sleep
- Kick, Bounce or Throw a Ball
- Take or Look at Photographs
- Eat Healthy
- Play Outside
- Sing and/or Dance