## COPING SKILLS

<table>
<thead>
<tr>
<th>COPING SKILL</th>
<th>Activity</th>
<th>Pros</th>
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| Distraction        | Talk to someone, listen to music, read a book, play a game, make a to do list, clean your room, garden, do an art project, go for a drive, cook something, journal, write poetry, color, hang out with a friend, go for a walk | • Great to get through a crisis  
• Gives heart and mind a break  
• Great for short term relief |
| Grounding          | Use body and senses: smell fragrances, taste food, notice colors around you, walk barefoot on grass, squeeze a stress ball, do yoga, meditate, exercise | • Reduces physical anxiety  
• Brings you back into the present moment  
• Help you regain control over your mental state |
| Emotional Release  | Yell, scream, run, cry, laugh, sing, dance, lift weights, do yoga, make noise, pop balloon, tear paper, play a sport | • Releases the pressure of overwhelming emotion |
| Self love          | Massage hands with cream, do your nails, take a bubble bath, take a hot shower, eat your favorite treat, hug someone, hug a pillow | • Helps you become your own best friend, your own support  
• Great for guilt and shame |
| Thought Challenge  | Write down your negative thoughts and list reasons they may not be true. Imagine someone you love had these thoughts – write down advice you would give them | • Can help shift long term negative thinking habits  
• Trying to be more logical can help reduce extreme emotion |
| Access Your Higher Self | Help someone else, smile at strangers, pray, volunteer, do kind things for others, make a list of things you are grateful for | • Reminds us that everything has value and that purpose can be found in small as well as large things |

### What are MY Coping Skills:

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