

92 Coping Skills

- 1.Exercise (running, walking etc)
- 2.Put on fake tattoos
- 3.Write (poetry, stories, journal)
- 4.Scribble/doodle on paper
- 5.Be with other people
- 6.Watch a favourite tv show
- 7.Go see a film
- 8.Do a word search or crossword
- 9.Do schoolwork
- 10.Play a musical instrument
- 11.Paint your nails, do your make up or hair
- 12.Sing
- 13.Study the sky
- 14.Punch a punching bag
- 15.Cover yourself with plasters where you want to cut
- 16.Let yourself cry
- 17.Take a nap (only if you are tired)
- 18.Take a relaxing bath/shower
- 19.Play with a pet
- 20.Go shopping
- 21.Clean something
- 22.Knit or sew
- 23.Read a good book
- 24.Listen to music
- 25.Try some aromatherapy (candle, lotion, room spray)
- 26.Meditate
- 27.Go somewhere very public
- 28.Bake cookies
- 29.Alphabetise your CDs, books, DVDs
- 30.Paint or draw
- 31.Rip paper into itty bitty pieces
- 32.Kick a ball
- 33.Write a letter or send an email
- 34.Plan your dream room
- 35.Hug a pillow or stuffed animal
- 36.Hyper focus on something like a rock
- 37.Dance
- 38.Make a hot chocolate, milkshake or smoothie
- 39.Play with modelling clay/playdough
- 40.Build a pillow fort
- 41.Draw on yourself with a marker
- 42.Take up a new hobby
- 43.Look up recipes, cook a meal
- 44.Look at pretty things, like flowers or art
- 45.Create or build something
- 46.Make a list of blessings in your life
- 47.Go to a friend's house
- 48.Jump on a trampoline
- 49.Watch an old happy film
- 50.Talk to someone close to you
- 51.Ride a bicycle

52. Feed the ducks, birds or squirrels
53. Colour with crayons
54. Memorize a poem, play or song
55. Stretch
56. Shop online without buying anything
57. Colour coordinate your wardrobe
58. Watch fish
59. Make a CD/playlist of your favourite songs
60. Play the 15-minute game (avoid something for 15 minutes, when time is up start again)
61. Plan an exciting or new event
62. Plant some seeds
63. Hunt for your perfect home/car online
64. Try to make as many words out of your full name as you can
65. Sort through your photographs
66. Play with a balloon
67. Give yourself a facial
68. Find yourself some toys and play
69. Start collecting something
70. Play video/computer games
71. Clean up rubbish at your local park
72. Perform a random act of kindness for someone
73. Text/call an old friend
74. Write yourself an 'I love you because...' letter
75. Look up new words and use them
76. Rearrange furniture
77. Write a letter to someone that you may never send
78. Smile at, at least 5 people
79. Spend time with younger relatives
80. Go for a walk (with or without a friend)
81. Put a puzzle together
82. Clean your room/wardrobe
83. Try to do handstands, cartwheels or backbends
84. Yoga
85. Teach your pet a new trick
86. Learn a new language
87. Move EVERYTHING in your room to a new spot
88. Get together with friends and play frisbee, football or basketball
89. Hug a friend/family member
90. Search online for new songs/artists
91. Make a list of goals for the week, month or year
92. Face paint