



45 Coping Skills

Talk to Someone

Write/Journal

Exercise

Draw

Watch a Movie/TV

Play a Game

Meditation

Go to a Park

Ride a Bike

Go on a Walk/Run

Yoga

Family Time

Take a Bath

Mani/Pedi

Sing

Garden

**Talk to a
Counselor**

Write a Letter

Clean Something

Listen to Music

Lift Weights

Pray

Read a Book

Do a Hobby

**Clean Out
Your Closet**

Play with a Pet

Aromatherapy

Shop

Volunteer

Set Goals

Play a Game

**Go to a
Support Group**

Drive

Make Something

Go to a Spa

Go to the Zoo

Take a Class

Bowling

**Go to a
Sporting Event**

Go to the Beach

Color

Deep Breaths

**Make a Plan
of Change**

Let Yourself Cry

Do a Puzzle