

Coping Skills

Use aromatherapy	Bake	Do Art	Spend time in nature	Listen to music
Create action plan	Try a new activity	Practice deep breathing	Buy fresh flowers	Run errands
Talks to someone	Walk	FREE	Clean/organize	Exercise
Go to the beach	Take a bath	Journal	Enjoy a coffee or tea	Meditate
Do yoga	Cook	Read	play with pets	Dance

Coping Skills

Walk	Buy fresh flowers	Spend time in nature	Create action plan	Practice deep breathing
Do Art	play with pets	Listen to music	Cook	Run errands
Go to the beach	Clean/organize	FREE	Exercise	Bake
Enjoy a coffee or tea	Read	Use aromatherapy	Dance	Take a bath
Journal	Meditate	Talks to someone	Try a new activity	Do yoga

Coping Skills

Cook	Read	Buy fresh flowers	Meditate	Clean/organize
Use aromatherapy	Go to the beach	Journal	Try a new activity	Listen to music
Talks to someone	Dance	FREE	Take a bath	Enjoy a coffee or tea
Walk	Run errands	Spend time in nature	play with pets	Do Art
Exercise	Bake	Practice deep breathing	Create action plan	Do yoga