

Coping skills

take a break	54321 grounding	count to 50	read	go outside
collect rocks	squeeze a pillow	hold ice	STOP and think..	positive thoughts
sing	take a shower	FREE	breath-in breathe out	drink water
exercise	removing yourself	fidget	drawing	guided meditation
do a puzzle	clean your room	make a playlist	talk to a friend	count to 100

Coping skills

take a shower	STOP and think..	read	collect rocks	hold ice
count to 50	talk to a friend	go outside	clean your room	positive thoughts
exercise	breath-in breathe out	FREE	drink water	54321 grounding
drawing	make a playlist	take a break	count to 100	removing yourself
fidget	guided meditation	sing	squeeze a pillow	do a puzzle

Coping skills

clean your room	make a playlist	STOP and think..	guided meditation	breath-in breathe out
take a break	exercise	fidget	squeeze a pillow	go outside
sing	count to 100	FREE	removing yourself	drawing
take a shower	positive thoughts	read	talk to a friend	count to 50
drink water	54321 grounding	hold ice	collect rocks	do a puzzle