Coping Skills

Think about loved ones	Arts and Crafts	Exercise	Take space	Progressive muscle relaxation
Deep breathing	Think about happy memories	Stress balls	Color	Take a walk
Talk to a loved one	Watch TV	FREE SPACE!	Count to 10	Listen to music
Painting	Talk to a friend	Play games	Help a friend	Read
Go outside	Dance	Take a bath or shower	Write in a journal	Drawing

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Coping Skills

Watch TV	Color	Take space	Deep breathing	Stress balls
Exercise	Write in a journal	Progressive muscle relaxation	Dance	Take a walk
Painting	Count to 10	FREE SPACE!	Listen to music	Arts and Crafts
Help a friend	Take a bath or shower	Think about loved ones	Drawing	Talk to a friend
Play games	Read	Talk to a loved one	Think about happy memories	Go outside

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Coping Skills

Dance	Take a bath or shower	Color	Read	Count to 10
Think about loved ones	Painting	Play games	Think about happy memories	Progressive muscle relaxation
Talk to a loved one	Drawing	FREE SPACE!	Talk to a friend	Help a friend
Watch TV	Take a walk	Take space	Write in a journal	Exercise
Listen to music	Arts and Crafts	Stress balls	Deep breathing	Go outside

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