Healthy Coping Skills

Watch a movie	Be assertive	Enjoy nature	Pray or meditate	Go shopping
Deep/slow breathing	Talk to someone	Make a gratitude list	Be flexible	Take a walk
Write a list of goals	Care for a pet	**FREE**	Get enough Sleep	Get into a good routine
Take a shower or a bath	Go for a drive	Play a game	Exercise	Laugh
Clean or organize	Read	Eat Healthy foods	Write or draw	Encourage others

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Healthy Coping Skills

Write a list of goals	Write or draw	Be flexible	Go for a drive	Deep/slow breathing
Pray or meditate	Get into a good routine	Enjoy nature	Laugh	Care for a pet
Get enough Sleep	Be assertive	**FREE**	Exercise	Play a game
Encourage others	Watch a movie	Eat Healthy foods	Take a shower or a bath	Clean or organize
Go shopping	Garden	Take a walk	Make a gratitude list	Talk to someone

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Healthy Coping Skills

Take a shower or a bath	Exercise	Write a list of goals	Encourage others	Pray or meditate
Read	Take a walk	Write or draw	Go for a drive	Care for a pet
Play a game	Be flexible	**FREE**	Get enough Sleep	Enjoy nature
Garden	Go shopping	Clean or organize	Be assertive	Watch a movie
Talk to someone	Make a gratitude list	Get into a good routine	Laugh	Eat Healthy foods

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