Coping Skills

Watch TV	Count to 10	Listen to music	Take space	Say Positive Affirmations
Help a friend	Think about loved ones	Take a bath or shower	Deep breathing	Take a walk
Think about happy memories	Watch a movie	FREE SPACE!	Drawing	Play cards
Practice Mindfulness	Talk to a friend	Read	Play a game	Stress balls
Painting	Eat Healthy Food	Take a nap	Write in a journal	Journal

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Coping Skills

Watch a movie	Deep breathing	Take space	Help a friend	Take a bath or shower
Listen to music	Write in a journal	Say Positive Affirmations	Eat Healthy Food	Take a walk
Practice Mindfulness	Drawing	FREE SPACE!	Play cards	Count to 10
Play a game	Take a nap	Watch TV	Journal	Talk to a friend
Read	Stress balls	Think about happy memories	Think about loved ones	Painting

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Coping Skills

Eat Healthy Food	Take a nap	Deep breathing	Stress balls	Drawing
Watch TV	Practice Mindfulness	Read	Think about loved ones	Say Positive Affirmations
Think about happy memories	Journal	FREE SPACE!	Talk to a friend	Play a game
Watch a movie	Take a walk	Take space	Write in a journal	Listen to music
Play cards	Count to 10	Take a bath or shower	Help a friend	Painting

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