

Coping Skills

Think about happy memories	Bake cookies	Go shopping	Take a bath or shower	Practice Mindfulness
Eat Healthy Food	Talk to a friend	Say Positive Affirmations	Contact a hotline	Stretch
Take space	Watch TV	FREE SPACE!	Count to 10	Play a game
Play cards	Take a nap	Play with a pet	Painting	Read
Journal	Deep breathing	Stress balls	Watch a movie	Give yourself a facial

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Painting	Stress balls	Think about happy memories	Give yourself a facial	Take a nap
Play with a pet	Read	Take space	Talk to a friend	Journal

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Take space	Give yourself a facial	FREE SPACE!	Take a nap	Painting
Watch TV	Stretch	Take a bath or shower	Watch a movie	Go shopping
Play a game	Bake cookies	Say Positive Affirmations	Eat Healthy Food	Journal