

Coping Skills

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

Coping Skills

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

Coping Skills

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