

Healthy Coping Skills

Use a stress ball	Ask "what can I control"	Aromatherapy	Get a massage	Ride a bike
Play a game	Deep breathing	Talk to a friend	Primal scream	Ask for help
Take a bubble bath	Volunteer work	FREE	Call someone you trust	Pray or meditate
Journal	Take medication regularly	Laugh	Set boundaries	Make a gratitude list
Random act of kindness	Start a new hobby	Read	Get support from others	Get regular sleep

Healthy Coping Skills

Play video games	Laugh	Get away from the problem	Candle staring	Clean house/room/car
Pray or meditate	Play a game	Paint/color/draw	Attend support meetings	Take medication regularly
Say positive affirmations	Help others	FREE	Call someone you trust	Talk to a friend
Ask for help	Volunteer work	Journal	Play with pets	Listen to music
Draw	Get a massage	Punch a pillow	Watch a movie	Set achievable goals

Healthy Coping Skills

Ride a bike	Primal scream	Set boundaries	Call someone you trust	Dance
Random act of kindness	Play a game	Draw	Read	Play with pets
Ask "what can I control"	Help others	FREE	Aromatherapy	Paint/color/draw
Deep breathing	Pray or meditate	Use a stress ball	Candle staring	Yoga
Write a story or poem	Watch a movie	Attend support meetings	Say positive affirmations	Enjoy nature