

Coping Skills

Watch TV	Count to 10	Meditate	Take space	Reframing Neg.Thoughts
Go outside	Volunteer	Stress balls	Dance	Take a walk
Think about memories	Deep breathing	FREE SPACE!	Show Gratitude	Play games on phone
Positive Self-Talk	Talk to a friend	Read	Take a bath or shower	Talk to family
Play cards	Painting	Set Boundaries	Draw/Color	Excerise

Coping Skills

Show Gratitude	Reframing Neg.Thoughts	Deep breathing	Think about memories	Draw/Color
Take space	Play games on phone	Positive Self-Talk	Volunteer	Dance
Watch a movie	Set Boundaries	FREE SPACE!	Go outside	Meditate
Take a bath or shower	Take a walk	Stress balls	Talk to a friend	Excerise
Count to 10	Watch TV	Write in a journal	Listen to music	Painting

Coping Skills

Show Gratitude	Go outside	Take a bath or shower	Listen to music	Dance
Count to 10	Write in a journal	Watch a movie	Exercise	Volunteer
Help a friend	Talk to a friend	FREE SPACE!	Read	Take a walk
Set Boundaries	Positive Self-Talk	Play games on phone	Deep breathing	Talk to family
Draw/Color	Think about memories	Reframing Neg.Thoughts	Meditate	Stress balls