

Coping Skills

Write a list of strengths	Call a friend	Go outside	Take time for yourself	Take a bubble bath
Deep breathing	Write a list of goals	Take a vacation	Clean or organize	Watch a movie
Write in a journal	Count to 10	FREE SPACE!	Read	Say no
Think about happy memories	Sing	Take a walk	Listen to music	Take a nap
Dance	Talk to a loved one	Drawing	Yoga	Find your stressor

Coping Skills

Write in a journal	Yoga	Clean or organize	Sing	Deep breathing
Take time for yourself	Say no	Go outside	Take a nap	Count to 10
Read	Call a friend	FREE SPACE!	Listen to music	Take a walk
Find your stressor	Write a list of strengths	Drawing	Think about happy memories	Dance
Take a bubble bath	Painting	Watch a movie	Take a vacation	Write a list of goals

Coping Skills

Think about happy memories	Listen to music	Write in a journal	Find your stressor	Take time for yourself
Talk to a loved one	Watch a movie	Yoga	Sing	Count to 10
Take a walk	Clean or organize	FREE SPACE!	Read	Go outside
Painting	Take a bubble bath	Dance	Call a friend	Write a list of strengths
Write a list of goals	Take a vacation	Say no	Take a nap	Drawing