

# Coping Skills

|                       |                  |             |                   |                         |
|-----------------------|------------------|-------------|-------------------|-------------------------|
| Use aromatherapy      | Bake             | Do yoga     | Take a bath       | Practice deep breathing |
| Dance                 | Use a sauna      | Run errands | Buy fresh flowers | Spend time in nature    |
| Try a new activity    | Write            | <b>FREE</b> | Clean/organize    | Go to the beach         |
| Listen to music       | Talks to someone | Meditate    | Exercise          | Read                    |
| Enjoy a coffee or tea | Cook             | Sleep in    | play with pets    | Do Art                  |

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| Go to the beach    | Bake                 | Run errands       | Dance            | Enjoy a coffee or tea   |