



99 HEALTHY COPING SKILLS

- 1) Practice slow, deep breathing: in through your nose, out through your mouth
- 2) Do a puzzle
- 3) Draw, paint or color
- 4) Listen to uplifting or inspirational music
- 5) Blow bubbles
- 6) Squeeze or suck on an ice cube
- 7) Go to the library
- 8) Visit the animal shelter
- 9) Pet your cat or dog
- 10) Clean or organize a space
- 11) Make your bed
- 12) Play a game on the computer
- 13) Turn on all the lights
- 14) Sit in the sun and close your eyes
- 15) Throw rocks into the woods
- 16) Suck on a peppermint
- 17) Chew gum. Try to blow a bubble.
- 18) Sip a cup of hot chocolate or tea
- 19) Compliment someone
- 20) Read
- 21) Listen to inspirational tapes
- 22) Practice a relaxation exercise
- 23) Jump up and down or jump rope
- 24) Write yourself a nice note and carry it in your pocket
- 25) Play solitaire
- 26) Do the dishes
- 27) Go for a brisk 10 minute walk
- 28) Dance to music
- 29) Call a friend
- 30) Invite a friend over
- 31) Organize your CD's or make an upbeat playlist
- 32) Write positive affirmations on note cards & decorate
- 33) Go outside and listen to nature
- 34) Rearrange your bedroom
- 35) Plant a flower in a pot or garden
- 36) Sew, knit, or crochet
- 37) Do yoga or stretches
- 38) Watch a funny or inspirational movie
- 39) Make a collage with pictures of your favorite things or positive future
- 40) Journal or write poetry
- 41) Use positive self-talk
- 42) Paint your nails
- 43) Make a gratitude list
- 44) Scream into a pillow
- 45) Swim, run, jog, bike
- 46) Play a musical instrument
- 47) Do a good deed
- 48) Shoot hoops
- 49) Sing your favorite song out loud
- 50) Count backwards from 500
- 51) Brush your hair 100x
- 52) Squeeze a stress ball
- 53) Use some nicely scented lotion
- 54) Think of 3 foods for every letter of the alphabet without skipping any
- 55) Write down how you're feeling & why, read it once and then put it away
- 56) Visualization: close your eyes and imagine yourself in a beautiful place -- how does it smell, what do you see, what do you hear, what do you feel...
- 57) Write something positive about yourself for every letter of the alphabet- decorate it & hang it where you will see it every day
- 58) Slowly eat one piece of your favorite candy
- 59) Write a letter to someone
- 60) Do extra credit homework
- 61) Volunteer
- 62) Offer to walk a neighbor's dog
- 63) Find a safe, quiet place to sit & stay there until you know you can be safe
- 64) Look at pictures in a nature magazine
- 65) Write a fairy tale

- 66) Draw a cheerful picture outside with sidewalk chalk
- 67) Pray. Print your favorite spiritual verse, poem or saying on a card & memorize it
- 68) Recite the serenity prayer
- 69) Make decorations for your school locker
- 70) Decorate your mirror with positive affirmations and your favorite photos
- 71) Do a crossword, seek & find, or Sudoku puzzle
- 72) Visit an inspirational website
- 73) Write a thank you note to a friend or relative
- 74) Call a hotline
- 75) Put on your favorite outfit
- 76) Do your makeup
- 77) Read the comics or draw a cartoon
- 78) Make friendship bracelets & give one to someone who looks lonely
- 79) Slowly sip a glass of cold water
- 80) Go on a walk & take photos of flowers – challenge yourself to find 15 different kinds
- 81) Plan your dream vacation in your mind
- 82) Talk to or cuddle a stuffed animal
- 83) Clean 1 room of your house
- 84) Ask a friend to meet you at the park
- 85) Wash & style your hair
- 86) Rest – take a nap or go to bed early
- 87) Buy or check out a fun magazine & read it front-to-back
- 88) Shred blank sheets of paper
- 89) Play a card or board game with someone else. Better yet, learn a new one!
- 90) Stare at a picture- notice all the details & create a story using those elements
- 91) Play hacky sack
- 92) Draw random designs & color them in, then turn your designs into cards
- 93) Go to the movies
- 94) Write a list of compliments about a friend or teacher & give it to them
- 95) Make & decorate a foam or paper frame for your favorite photo
- 96) Write an inspirational quote on your mirror with a dry erase marker or eyeliner
- 97) Read a joke book, then pick out 5 of your favorite jokes & tell them to 3 friends
- 98) Play with silly putty or modeling clay
- 99) Think of 10 more healthy coping skills and add them to this list

These are just suggestions – you may find some that you really like or some that don't help at all. Try enough of them until you have a list of at least 10-15 solid coping skills that you can turn to in times of crisis. Then do them even if you don't want to!

* Recognize warning signs and use self-control skills to de-escalate the situation

* Identify triggers and plan out how to respond ahead of time.

* Remember the difference between reacting vs. responding.

* Reminder: it is human to have stress. It is what you do with it that counts!