List of Healthy Coping Skills
(and Self Care Options)

Activities to shift energy or mindset

1. Write, draw, paint, photography
2. Play an instrument, sing, dance
3. Role play or act
4. Take a shower or a bath
5. Enjoy nature (hike or garden)
6. Take a walk or go for a drive
7. Watch television or a movie
8. Play sports
9. Play video game
10. Read
11. Go to a healthier or safer environment
12. Pray or Meditate

Social/Interpersonal (with others)

1. Talk to someone you trust
2. Set boundaries and say "no"
3. Write a note to someone you care about
4. Be assertive
5. Use humor
6. Spend time with friends and/or family
7. Serve someone in need
8. Care for or play with a pet
9. Role-play challenging situations with others
10. Encourage others

Support mental well-being

1. Make a gratitude list
2. Brainstorm solutions (for difficult situations)
3. Keep an inspirational quote with you
4. Be flexible
5. Write a list of goals
6. Take a class (recreational)
7. Act opposite of negative feelings
8. Write a pros and cons list for decision making
9. Reward yourself when successful
10. Write a list of strengths
11. Accept a challenge with a positive attitude
Tension Releasers

1. Exercise or play sports
2. Yelling in the bathroom or pillow, punching a punching bag
3. Cry
4. Laughter

Physical activities that support well-being

1. Get enough sleep
2. Eat healthy foods
3. Get into a good routine
4. Limit caffeine
5. Deep/slow breathing

Spiritual

1. Pray or meditate
2. Enjoy nature
3. Get involved in a worthy cause
4. Serve youth or elders