

Coping Skills



1. Hold Ice /
Face Plunge



2. At-Home Spa



3. Guided Imagery /
Safe Place



4. Massage



5. Somatic Resourcing



6. Quality Time with
a Loved One



7. Yoga / Stretching



8. Journaling



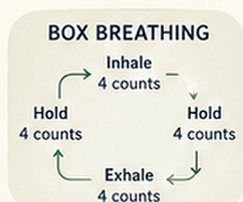
9. Walk / Jog / Run



10. Dancing



11. Craft / Art /
Something Creative



12. Box Breathing



13. Exercise



14. PMR (Progressive
Muscle Relaxation)



15. Wall Pushes



16. Diaphragmatic
Breathing



17. Grounding /
Meditation



18. Call a Friend or
Family Member



19. Go for a Hike



20. Podcast or
Audiobook



21. Time in Nature



22. Cuddle a Pet



23. Games Solo or
with Friends



24. Religious /
Spiritual Practice



25. Aromatherapy



26. Listen to Music



27. TV / Movies



28. Hug a
Loved One



29. Self-Care



30. Read



31. Shower or Bath