

100 Coping Strategies

1. Take deep breaths
2. Do a positive activity
3. Play sports or exercise
4. Think of something funny
5. Take a quick walk
6. Practice yoga
7. Stand up and stretch
8. Listen to music
9. Take a time out
10. Slowly count to ten
11. Use positive self-talk
12. Say something kind to yourself
13. Talk to a trusted friend
14. Talk to an adult
15. Close your eyes and relax
16. Repeat encouraging mantras- "I can do this"
17. Visualize your favorite place or safe place
18. Think of something happy
19. Think of a pet you love
20. Think about someone you love
21. Get enough sleep
22. Eat a healthy snack
23. Read a good book
24. Set a goal with steps to accomplish it
25. Jog in place
26. Write in a journal
27. Hum your favorite song
28. Doodle on paper
29. Draw a picture
30. Color a coloring page
31. Clean something
32. Meditate or pray
33. Use a stress ball
34. Dance
35. Write a letter
36. Look at pictures you've taken
37. Make a gratitude list- Carry it around in your purse or wallet as a reminder!
38. List your positive qualities
39. Do something kind for someone else
40. Give someone a hug
41. Put a puzzle together
42. Do something you love
43. Build something
44. Play with clay
45. Hug a stuffed animal
46. Write down a stressor and rip it into pieces
47. Play an instrument
48. Watch a good movie
49. Take pictures
50. Garden
51. Write a list
52. Keep a positive attitude
53. Schedule pamper time for yourself
54. Blow bubbles
55. Write a positive note to yourself or someone else
56. Chew gum
57. Paint your nails
58. Write a story
59. Blog
60. Read a joke book
61. Write a poem or song
62. Drink cold water
63. Draw cartoons
64. Read a magazine
65. Write a thank you note
66. Count to 100- forwards or backwards
67. Make a list for the future
68. Read inspirational quotes
69. Compliment yourself
70. Visualize a stop sign
71. Laugh
72. Smile in the mirror
73. Smile at others
74. Do schoolwork
75. Look at animal pictures
76. Hyper focus on an object- notice everything that you can about it
77. Notice 5 things you can see around you
78. Paint with water colors
79. Use a relaxation app
80. Watch a funny video
81. Drink some tea
82. Cook or bake
83. Plan a fun trip
84. Use an I-statement- focuses on your feelings or beliefs rather than making assumptions about the listener
85. Try to identify your emotions and where they are coming from
86. Express your feelings to someone you trust
87. Write down your thoughts
88. Identify and reward yourself for positive thoughts
89. Make your day's schedule
90. List 10 positives about you
91. Ask yourself, "What do I need right now?"- Be honest with yourself.
92. Tell someone you are thankful for them
93. Pet an animal
94. Make a list of choices- Situations have options
95. Ask an adult for help
96. Organize something
97. Play a card game
98. Listen to nature sounds
99. Tense and relax all your muscles
100. Ask for a break