COPING TOOLS: What Helps Me

Read A Book or Magazine	☐ Ride a Bike or Skateboard
☐ Hug or Climb a Tree ♣	Create Origami
Journal or Write a Letter	Cook or Bake
☐ Use Kind & Compassionate Self-Talk	Ask for Help
Make a Collage or Scrapbook	☐ Talk to Someone You Trust
Rest, Nap or Take a Break	Weave, Knit or Crochet
Go on a Hike, Walk or Run	☐ Build Something
☐ Take Good Care of the Earth <a><a><a>	Get a Hug
☐ Drink Water 🖟	☐ Visualize a Peaceful Place
Play a Board Game	☐ Stretch
☐ Do Something Kind ●	Make Art
Make and Play with Slime	Use Positive Affirmations
☐ Discover Treasures in Nature <a>	Take Slow, Mindful Breaths
☐ Take a Shower or Bath	Clean, Declutter or Organize
☐ Exercise	Use Aromatherapy
Drink a Warm Cup of Tea	☐ Cry
Forgive, Let Go, Move On 🌎	☐ Try or Learn Something New
☐ Practice Yoga ●	Listen to Music
Garden or Do Yardwork	Use a Stress Ball or Other Fidget
Jump on a Trampoline	Get Plenty of Sleep
Cuddle or Play with Your Pet	☐ Kick, Bounce or Throw a Ball
Practice Gratitude	☐ Take or Look at Photographs
☐ Do a Puzzle ♣ ♣ ☐	☐ Eat Healthy 🔐
☐ Blow Bubbles	Play Outside
Smile and Laugh	Sing and/or Dance