

# COPING SKILLS

## WHAT HELPS YOU?

- ☐ Read a book
  - ☐ Ask for help
  - ☐ Cook or bake
  - ☐ Make art
  - ☐ Build something
  - ☐ Exercise
  - ☐ Forgive, let go, move on.
  - ☐ Drink water
  - ☐ Journal
  - ☐ Write a letter
  - ☐ Get a Hug
  - ☐ Declutter & organize.
  - ☐ Positive Affirmations
  - ☐ Take a bath
  - ☐ Garden/Yard work
  - ☐ Ride your bike
  - ☐ Sing or Dance
  - ☐ Do something kind
- ☐ Color
  - ☐ Deep breathing
  - ☐ Go for a walk
  - ☐ Crafting
  - ☐ Grounding strategies
  - ☐ Listen to music
  - ☐ Do a puzzle
  - ☐ Make a collage or scrapbook
  - ☐ Use positive self-talk
  - ☐ Stretching
  - ☐ Make a list of your favorite memories
  - ☐ Pray
  - ☐ Build a fort
  - ☐ Be helpful
  - ☐ Paint

*CounselorCalle*

