

COPING SKILLS

A-Z LIST

- A:** Aromatherapy, Art, Allow time to think, Apologize, Ask for help
- B:** Box breathing, Basketball, Be attentive, Baking, Bubble bath
- C:** Counting, Coloring, Call someone you trust, Calming techniques
- D:** Draw your feelings, Dancing, Driving, Drink water, Do push-ups
- E:** Eat a snack, Exercise, Escape the situation, Express yourself
- F:** Fishing, Football, Free Writing, Focus elsewhere
- G:** Games, Golfing, Get help, Gather thoughts, Garden
- H:** Help someone else, Hiking, Hugs, Hang out with friends
- I:** “I” statements, Interact with others, Identify triggers, Imagery
- J:** Jogging, Journal, Jumping Jacks, Jot down the positives
- K:** Keep a journal, Kickboxing, Knitting, Kindness, Karoke
- L:** Listen to music, Laugh, Labeling emotions, Limiting setting
- M:** Meditation, Mindfulness, Mantras, Mapping thoughts
- N:** Napping, Name emotions, Notice, Non-judgemental stance
- O:** Organizing, Outdoor time, Origami, Opposite action
- P:** PMR, Positive self-talk, Painting, Prayer, Podcasts, Pause
- Q:** Quiet time, Quality time, Quotes, Questioning thoughts
- R:** Reading, Rest, Releasing tension, Reorganizing, Relaxing music
- S:** Self-soothing, Stretch, Swimming, Singing, Squeezing ice, Social support
- T:** Thought challenging, Taking medication as prescribed, Track moods
- U:** Unwinding routine, Using music to regulate mood
- V:** Visualization, Volunteering, Vocal expression, Victory list
- W:** Walking, Weighted blanket, Wellness check-in
- X:** X-breathing, Xtra time for yourself, XO journaling
- Y:** Yoga, Yes/No check in, Yielding to the moment, Yelling
- Z:** Zen meditation, Zodiac reflection, Zigzag doodling, Zumba



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