

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