

# Coping Strategies

The Grove Counseling & Consulting, LLC

1. Take deep breaths
2. Stretch
3. Exercise
4. Take a Bath/Shower
5. Write in a journal
6. Make a gratitude list
7. Go outside/Enjoy nature
8. Paint your nails
9. Coloring
10. Draw/Sketch/Paint
11. Try something new
12. Call a trusted friend/family member
13. Play with a pet
14. Cook a meal/ Learn new recipes
15. Squeeze a stress ball
16. Eat a healthy snack
17. Use aromatherapy
18. Knitting
19. Gardening
20. Positive Affirmations
21. Do a puzzle
22. Do a craft
23. Watch a show/movie
24. Guided meditation
25. Yoga
26. Watch a funny video
27. Pray
28. Blow bubbles
29. Write a forgiveness letter
30. Do crossword puzzles
31. Do something kind
32. Sing
33. Volunteer
34. List your strengths
35. Cook/Bake
36. Count to 30
37. Talk with a therapist
38. Think of your favorite memory/vacation
39. Ride your bike
40. Clean/Rearrange your room

41. Visit the park
42. Sleep/Take a nap
43. Learn something new
44. Scream into a pillow
45. Punch a pillow
46. Read jokes
47. Drink cold water
48. Ask for help
49. Hug a friend
50. Dance
51. Question negative thoughts
52. Take a break
53. Use fidget toys
54. Show kindness to yourself
55. Let go of something
56. Sit in silence
57. Write a poem
58. Watch the clouds/stars
59. Play with clay
60. Look at old pictures
61. Play sports
62. Get a massage
63. Read positive quotes
64. Create a vision board
65. Write a letter to your younger self
66. Build with legos
67. Think about something you're looking forward to
68. Play with play-doh or sand
69. Make a list
70. Log your negative thoughts
71. Smile at strangers
72. Join a cause
73. Notice the colors, sounds, and textures around you
74. Walk barefoot on grass
75. Brush your hair
76. Buy a small treat
77. Use a relaxation app
78. Use a calming jar
79. Plan a fun activity
80. Use an I-statement
81. Text a friend
82. Let yourself cry
83. Play a musical instrument
84. Play video/computer games
85. Search for new songs/artists
86. Start a collection
87. Contact a hotline