## Coping Skills ١ Coping skills are things we can do to make ourselves feel better when we are going through difficult times. The activities listed below are things you can do to help you feel better when you are upset. Change Your Thoughts by Using Take Care of Yourself: different Parts of Your Brain: Eat Healthy Food Read Sleep Well Write a Story or Poem Understand How You Feel Set a Goal Learn Something New Exercise Go for a Walk Journal Ride a Bike Keep a Positive Attitude: Do Yoga Make a List of Things You Like Focus on What You Can Control Do Things You Enjoy: Say Positive Affirmations Draw Enjoy Nature Use a Stress Ball Laugh Sing Take 10 Deep Breaths Hang Out with Friends Play a Game Helping Other People Can Shift Our Watch a Movie Focus and Make Us Feel Better. Paint Perform a Random Act of Kindness Listen to Music Make a Playlist Make a List of Things You Like

Free Coping Skills

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