



Emotional Coping Skills

- Practice deep breathing exercises (e.g., 4-7-8 method or box breathing)
- Allow yourself to cry if needed—it's okay to release emotions
- Write down your feelings in a journal (let it be raw and unfiltered)
- Use positive affirmations to challenge negative self-talk
- Practice self-compassion: Speak to yourself as you would to a close friend
- Visualize a peaceful, safe place (use imagery that calms you)
- Try a gratitude practice: List three things you're grateful for each day
- Use a mood tracker to become aware of your emotions over time
- Label your emotions without judgment: “I feel angry,” “I feel sad,” etc.
- Practice forgiveness, both for yourself and others, to release resentment



Physical Coping Skills

- Take a walk in nature or around your neighborhood
- Engage in progressive muscle relaxation (tense and release muscles)
- Try a yoga session (even a 5-minute stretch can help release tension)
- Dance to your favorite music to release pent-up energy
- Get moving with a short workout or jumping jacks
- Take a warm bath or shower to soothe your muscles and mind
- Focus on grounding techniques (feel your feet on the ground, touch something textured)
- Practice slow, mindful stretching to relax tense areas of your body
- Do deep belly breathing—inhale deeply, feel your belly rise, then slowly exhale
- Drink a glass of cold water to refresh and center yourself



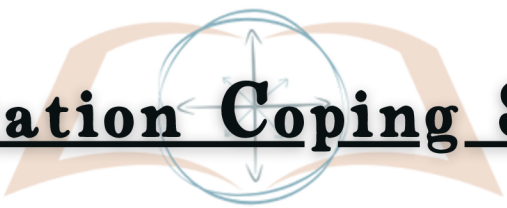
Cognitive Coping Skills

- Challenge negative thoughts with facts: “Is this thought true?”
- Break down overwhelming tasks into smaller, manageable steps
- Use reframing to see a situation from a different, more positive perspective
- Practice mindfulness: Focus on the present moment without judgment
- Create a list of your strengths and remind yourself of them when needed
- Repeat a mantra (e.g., “This too shall pass,” “I am enough”)
- Distract yourself by engaging in a mentally stimulating activity (e.g., crossword puzzles, Sudoku)
- Use the 5-4-3-2-1 grounding technique: Identify 5 things you can see, 4 things you can touch, 3 things you can hear, 2 things you can smell, and 1 thing you can taste
- Read a self-help book or an inspiring article to shift your mindset
- Create a pros and cons list to weigh options when feeling indecisive



Reflective Coping Skills

- Spend time in meditation or quiet reflection
- Practice mindful breathing while reflecting on your goals or values
- Read or recite spiritual texts, mantras, or affirmations that bring you peace
- Go outside and connect with nature: Take in the sky, trees, and sounds around you
- Light a candle or incense during a moment of reflection
- Practice gratitude: Reflect on the good things in your life, big and small
- Engage in journaling about your personal beliefs or purpose
- Attend a spiritual or meditation group that aligns with your values
- Try guided visualization where you imagine yourself achieving peace or wellness
- Practice a walking meditation: Focus on your steps and breathing as you move



Relaxation Coping Skills

- Create a self-care ritual: light a candle, read a book, or take time for yourself
- Set a 15-minute time-out to relax and recharge without distractions
- Practice a guided meditation (many free options are available online)
- Engage in a sensory experience: Hold a comforting object, smell something soothing, or listen to calming sounds
- Unplug from social media or digital devices for a set period
- Try aromatherapy with essential oils like lavender or eucalyptus
- Listen to a relaxing podcast or watch a calming YouTube video
- Spend time with pets—cuddling, playing, or simply sitting with them
- Declutter a small space in your home for a sense of accomplishment
- Practice intentional gratitude: Write down one thing you appreciate every day



Social Coping Skills

- Call or text a supportive friend or family member
- Join an online support group related to mental health or personal growth
- Talk to a therapist or counselor if you're feeling stuck
- Spend time with someone who makes you laugh or feel safe
- Volunteer for a cause you care about to connect with others and shift focus
- Reach out to a crisis hotline if you need immediate support (include the hotline numbers from your mental health crisis resource page)
- Plan a social activity, like a coffee date or virtual hangout, even if it's brief
- Write a letter or message to someone who has positively impacted your life
- Participate in a community activity that interests you, whether it's a book club, workout group, or art class
- Offer kindness or a small gesture of help to someone else to boost your own mood



Creative Coping Skills

- Draw, color, or doodle in a sketchbook (adult coloring books can be relaxing)
- Try creative writing: Write a poem, short story, or stream of consciousness
- Make a vision board that represents your goals, dreams, or what makes you happy
- Bake or cook something new, experimenting with a recipe
- Listen to or create music (play an instrument or make a playlist of calming or energizing songs)
- Engage in a craft project (knitting, scrapbooking, or DIY home decor)
- Paint a canvas or pottery—allowing yourself to express emotions through art
- Try photography: Capture moments that bring you peace or joy
- Make a gratitude jar: Write down things you're grateful for and revisit them during tough times
- Start a bullet journal to track your moods, habits, or personal growth