

Stress Management List (Coping Skills)

Take a Walk	Read a Book	Write/Journal	Time w/ Family
Organize Photos	Less Social Media	Less News	Go Outside
Garden	New Hobby	Craft Something	Yoga
Help Someone	Drawing	Take a Bath	Exercise
Affirmations	Meditation	To Do List	Comedy
Relaxation	Cleaning	Sing	Dance
Music	Games	Talk w/ Others	Write Goals
Deep Breathing	Pray	Take a Break	Count to 10
Say "I Can do this"	Visualization	Sleep/Rest	Eat Healthy
Play with Pets	Color	Bike Ride	Write a Letter
Build Something	Clay/Playdough	Watch a Movie	Car Ride
Visit Nature	Get Sun (Vit D)	Rip Paper	Take Pictures
Blow Bubbles	Paint Nails	Poetry	Read Quotes
Compliment Self	Laugh	Relaxation Apps	Cook/Bake
Drink Tea	Express Feelings	Gratitude List	Play Cards
Paint	Be Assertive	Forgiveness Letters	Thank you Cards
Ask for Massage	Acts of Kindness	Organize Things	To Do List
Email	Let Yourself Cry	Vacuum	Dishes

