## Coping and Self-Care Exercises

### Physical Activity
- Go for a swim
- Exercise
- Stretch
- Do yoga
- Skateboard
- Squeeze a stress ball
- Go to the gym
- Dance
- Skip rocks
- Ride a bike
- Juggle

### Self-Care
- Practice positive self talk
- Breathing techniques
- Write a list of goals: immediate and future
- Shower or bathe
- Paint your nails
- Make a meal you enjoy
- Light a candle
- Take a nap

### Sports & Games
- Play a board game
- Do a jigsaw puzzle
- Play a sport
- Solve a sudoku puzzle
- Play a video game

### Smaller Tasks
- Go for a drive
- Do your hair
- Do and fold laundry
- Drink tea / hot chocolate
- Watch a funny youtube video
- Get dressed up
- Read for fun
- Eat a snack

### Hobbies
- Write poetry
- Take photos
- Color
- Sing
- Plant a plant
- Make art
- Volunteer
- Watch a movie
- Perform magic tricks

### Emotional Release
- Journal
- Cry
- Write a story
- Do mindfulness exercises

### Friends & Family
- Write a “no send” letter
- Talk with friends
- Hug someone
- Tell someone a story
- Have a sleepover

### Getting Space
- Go for a walk outside
- Sit in nature
- Go to a pet store
- Listen to music
- Wander in a park
- Look at the stars/clouds

### What is missing?
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