

50+ COPING STRATEGIES

These are just a few ideas of strategies that may help you cope with negative or difficult emotions. Most of the coping skills on this list are free and can be done by yourself. Not all of these ideas will resonate with you, and that's okay - we hope this list offers some inspiration.

- Step outside for some fresh air
- Take a Shower or bath
- Journal
- Do some stretching
- Listen to your favorite music
- Cry
- Color or doodle
- Take deep breaths
- Eat a snack
- Ride a bike
- Talk to a friend
- Read a book or magazine
- Practice mindfulness
- Watch a movie or TV show
- Tidy up your space
- Take a short nap
- Make a bucket list
- Play sudoku or do a crossword
- Splash some cold water on your face
- Reach out for help
- Do some yoga
- Write a story or poem
- Count backwards from 100
- Start a jigsaw puzzle
- Pray or meditate
- Fold laundry
- Play a musical instrument
- Call a hotline
- Put on your favorite outfit
- Go to the library
- Listen to white noise
- Make a friendship bracelet
- Mail a letter or a card
- Play a video game
- Bake or cook
- Go for a walk
- Drink some water
- Cloud-watch
- Play solitaire
- Make a Zine or collage
- Paint something
- Sew, crochet, or knit
- Make a gratitude list
- Use grounding techniques
- Dance around
- Make your bed
- Make tea or hot chocolate
- Plan a trip
- Start a garden
- Make a playlist
- Eat some sour candy
- Write a letter to your future self
- Make a vision board
- Take a personality quiz
- Listen to a podcast
- Clean out your closet
- Light a candle
- Visit a museum
- Practice a guided imagery exercise
- Tense and relax your muscles
- Sketch something without lifting your pencil
- Make your own list of coping skills