

Coping Skills



Focusing on negative thoughts can have unfavorable effects on your health. Refocusing your thoughts and using your energy in a positive approach can be key to getting through tough times. While using these techniques do not completely erase the difficulties you may be facing, they can help you tolerate, minimize, and deal with stressful situations in life.

Below is a list of different activities in which you can engage to assist you to improve your coping skills and make you feel more at ease!

★ **Exercise** – allows you to work negative energy from your body. Consciously focus on letting negative thoughts go.

- Yoga
- Take a walk
- Punch a punching bag
- Dance
- Go for a bike ride
- Stretch

★ **Take up a new hobby**

- Write (poetry, stories, journal)
- Do a word search or crossword
- Play a musical instrument
- Take up Knitting or sewing
- Read a good book
- Meditate
- Bake (cookies, cake, etc.)
- Paint or draw something
- Plan your dream room (colors/furniture)
- Play with modeling clay or Play-Doh
- Look up recipes, cook a meal
- Sort through/edit your pictures
- Start collecting something
- Teach your pet a new tricks
- Learn a new language
- Create or build something

★ **Focus on releasing your negative energy**

- Allow yourself to cry
- Take a nap if you are tired
- Take a hot shower or relaxing bath (use bubbles)
- Clean something
- Rip paper
- Pray or meditate
- Hyper-focus on something like a rock, hand, etc.
- Look for beauty in things, like flowers or art
- Make a list of things you appreciate
- Try some aromatherapy (candle, lotion, room spray)
- Rearrange furniture
- Clean your room/closet

★ **Connect to yourself and other people**

- Video chat with a loved one
- Text or call an old friend
- Write yourself an “I love you because...” letter
- Hug your loved ones
- Make a list of goals for the week/month/year/5 years
- Make a list of your strengths
- Make a list of your good qualities or qualities you would like to develop
- What characterizes about you do other people like?

★ **Guided Imagery** –a relaxing technique that draws on your ability to visualize and daydream. It is easy to practice whenever and wherever you are. All you have to do is imagine a peaceful scene in your mind. Place yourself there and using all your senses, be present in the dream

- By the lake, lying under a tree in the soft green grass
 - Hear
 - The rustle of water
 - Birds signs
 - Leaves rustling
 - The whoosh of the winds
 - Crickets
 - Etc.
 - Feel
 - The warmth of sun on your body
 - The tickle of grass on your feet
 - The coolness of earth on your back
 - Etc.

- See
 - The flowers on the bank of the water
 - The reflection on trees and clouds on the water
 - The blue sky scattered with fluffy clouds
- Smell
 - The sweet scent of flowers in the distance
 - The earthy ground you lay on
 - Etc.

Now go to your favorite place

★ **Focus on doing things you enjoy and are fun for you**

- Put on fake tattoos
- Scribble/doodle on paper
- Watch a favorite TV show
- Post positive information on web boards, and answer others' posts
- Do schoolwork
- Paint your nails, do your makeup or hair
- Sing
- Study the sky
- Play or snuggle with a pet
- Listen to music
- Hug a pillow or stuffed animal
- Watch an old, happy movie
- Feed the ducks, birds, or squirrels
- Color
- Memorize a poem, play, or song.
- Search for silly things on the internet
- Color-coordinate your wardrobe
- Make a playlist of your favorite songs
- Plant some seeds
- Try to make as many words out of your full name as possible
- Play video/computer games
- Look up new words and use them
- Put a puzzle together