

COPING TOOLS: What Helps Me

- ☐ Read A Book or Magazine 
- ☐ Hug or Climb a Tree 
- ☐ Journal or Write a Letter 
- ☐ Use Kind & Compassionate Self-Talk 
- ☐ Make a Collage or Scrapbook 
- ☐ Rest, Nap or Take a Break 
- ☐ Go on a Hike, Walk or Run 
- ☐ Take Good Care of the Earth 
- ☐ Drink Water 
- ☐ Play a Board Game 
- ☐ Do Something Kind 
- ☐ Make and Play with Slime 
- ☐ Discover Treasures in Nature 
- ☐ Take a Shower or Bath 
- ☐ Exercise 
- ☐ Drink a Warm Cup of Tea 
- ☐ Forgive, Let Go, Move On 
- ☐ Practice Yoga 
- ☐ Garden or Do Yardwork 
- ☐ Jump on a Trampoline 
- ☐ Cuddle or Play with Your Pet 
- ☐ Practice Gratitude 
- ☐ Do a Puzzle 
- ☐ Blow Bubbles 
- ☐ Smile and Laugh 

- ☐ Ride a Bike or Skateboard 
- ☐ Create Origami 
- ☐ Cook or Bake 
- ☐ Ask for Help 
- ☐ Talk to Someone You Trust 
- ☐ Weave, Knit or Crochet 
- ☐ Build Something 
- ☐ Get a Hug 
- ☐ Visualize a Peaceful Place 
- ☐ Stretch 
- ☐ Make Art 
- ☐ Use Positive Affirmations 
- ☐ Take Slow, Mindful Breaths 
- ☐ Clean, Declutter or Organize 
- ☐ Use Aromatherapy 
- ☐ Cry 
- ☐ Try or Learn Something New 
- ☐ Listen to Music 
- ☐ Use a Stress Ball or Other Fidget 
- ☐ Get Plenty of Sleep 
- ☐ Kick, Bounce or Throw a Ball 
- ☐ Take or Look at Photographs 
- ☐ Eat Healthy 
- ☐ Play Outside 
- ☐ Sing and/or Dance 