

Alphabet of Stress Management and Coping Skills

A

Ask for help
Aromatherapy
Art
Attend an event of interest
Athletics
Ask to talk to a friend
Allow time to think
Apologize
Add numbers
Aerobics
Act out favorite actor/actress
Artistically express feelings
Act out feelings
Address the real issue

B

Bounce a stress ball
Breathe slowly
Baking
Basketball
Be attentive

C

Count to ten
Color a picture
Catch a ball
Call crisis line
Call a friend
Cookie decorating
Collect thoughts
Chat with friends
Calming techniques

D

Deep breathing
Drawing emotions/feelings
Dancing
Do push ups
Driving
Drink water
Dress up (play)
Discuss feelings
Demonstrate self-control

E

Eat a snack
Exercise
Escape the situation

F

Find a safe place
Finish house work
Fishing
Free weight
Find a book to read
Filter emotions
Find a puzzle to play
Find a friend
Free write feelings
Following directions
Fly a kite
Focus attention elsewhere

G

Go talk to an adult
Go to happy place
Golfing
Games
Going to a friends
Get help from teacher
Go outside
Go running
Go swimming
Going to the gym
Gather thoughts
Go to a different place
Grow a garden
Get help from others

H

Help someone else with a problem
Hiking
Have a party
Hug a friend
High jumps
Hang out with friends
Have someone listen to your problem

I

"I" statements
Identify triggers
Instagram pictures
Interact with friends
Initiate conversation
Imagine your safe place
Invite someone to play
Ignore people

J

Jogging in place
Jot down good behaviors
Jumping Jacks
Jumping rope
Journaling

K

Kick a soccer ball
Keep a journal
Knitting
Kickboxing
Keep calm by thinking
Kickball
Keep hands to yourself

L

Listen and discuss
Laugh
Long walks
Listen to music
Lay down
Lift weights
Letter writing
Look outside
Learn something new
Lay head down on desk

M

Make a plan
Make silly faces
Make food
Make a craft
Meditate
Make a book
Meet new people

N

Napping
Notes to self
Never give up
Name something positive

O

Offer assistance
Organize item of interest
Obstacle course
Open up
Observe a movie
Observe surroundings

P

Play a game
Paint a picture
Play instrument
Prepare healthy meal
Play at the park
Phone a friend
Play music
Practice sport
Play with PlayDough
Pretend you are in the other
persons shoes

Q

Quiet time
Quilting
Quickly remove stressor
Quiet down
Question feelings

R

Read
Run
Ride a bike
Relax
Rest
Request space

S

Sing
Sleep
Swim
Soak in tub
Soccer
Send a letter
Stretch muscles
Sit in a hammock
Sun bathing
Standing alone
Stop and think about
response
Shoot baskets
Separate self
Speak up
Stop and listen

T

Talk to a friend
Talk to an adult
Take time by yourself
Take a walk
Take a hot shower/bath
Take deep breaths
Take a break
Take a nap
Talk it out

U

Untie your shoes
Use a work out video
Undertake a project
Unite with family
Unwind
Utilize support system
Use a yoyo
Use tools
Utilize resources/coping skills

V

View TV
Visit a friend/family
Volunteer
Visualize calm space
Verbalize emotions
effectively
Visit counselor
Video games
Vent feelings

W

Watch a movie
Write poetry
Walking
Write in journal
Walk outside
Workout
Write feelings/thoughts
Walk away from situation
Write a letter

X

Xylophone playing
Xbox
X-ray your feelings

Y

Yell into a pillow
Yoga
Yodel
Yoyo

Z

Zigzag around room
Zumba
Zone out