


# 100 Coping Skills

## Self Care Ideas to Manage Emotions

1. Take a brisk walk
2. Watch a funny movie and laugh
3. Deep Breathing
4. Go outside
5. Play with your pet(s)
6. Take a short nap
7. Call a friend
8. Go for a run
9. Read a book
10. Prayer
11. Practice mindfulness
12. Write a letter
13. Go for a ride
14. Work out
15. Text a friend
16. Catch up on Netflix
17. Listen to music
18. Yoga
19. Meet a friend for coffee
20. Draw a picture
21. Take some quiet time
22. Read the Bible
23. Make a Gratitude list
24. Focus on something positive
25. Sit outside and listen to the sounds of birds, crickets, etc.
26. Count to 10 slowly
27. Say something nice to yourself
28. Search for funny memes
29. Talk to someone who inspires and encourages you
30. Think of a funny memory
31. Get plenty of rest
32. Eat a healthy snack
33. Set a goal and accomplish it
34. Encourage someone else
35. Do something nice for someone
36. Paint
37. Make a list of your positive traits
38. Doodle
39. Go Shopping
40. Journal
41. Turn up your music and dance around your room or house
42. Color
43. Work on a puzzle
44. Complete a Find a word puzzle
45. Play a board game with family/friends
46. Clean something
47. Meditate
48. Rip up paper
49. Write everything down that is causing you stress and shred it up
50. Plant a garden
51. Pick some flowers
52. Take pictures of something you love
53. Play with playdoh
54. Squeeze a stress ball
55. Blow bubbles
56. Play with kids
57. Play a sport
58. Go to the library
59. Paint your nails
60. Take a bubble bath
61. Read a magazine
62. Write a poem
63. Take a warm shower
64. Sip tea
65. Read inspirational quotes
66. Do a craft project
67. Have a cup of coffee
68. Watch funny YouTube videos
69. Bake cookies

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70. Write down your thoughts
  71. Make a to-do list
  72. Tell someone you love them
  73. Organize something
  74. Clean your room
  75. Listen to relaxing music
  76. Take a break
  77. Work for 10 minutes then take a 10-minute break
  78. Take a vacation day
  79. Go to the zoo
  80. Go to the animal shelter and pet animals
  81. Go window shopping
  82. Tell someone how you are feeling
  83. See a movie
  84. Enjoy a delicious dessert
  85. Sit or lie down and focus on relaxing all your muscles
  86. Read a story to a child
  87. Go for a hike
  88. Take a pottery class
  89. Go for a swim
  90. Go to a museum
  91. Do cross-stitch
  92. Visit with an elderly person
  93. Make a cake for someone
  94. Get some fresh air
  95. Listen to a creek flowing
  96. Go to the gym
  97. Schedule time for yourself
  98. Go on a date
  99. Finish a project
  100. Sew