

UNCONVENTIONAL COPING SKILLS:

- CRACKING PISTACHIO NUTS
- FOLDING WARM TOWELS
- SMELLING YOUR DOG/CAT
- WATCHING YOUR FOOD COOK
- LETTING AN M&M MELT IN YOUR MOUTH
- CLEANING/ORGANIZING
- DRIVING WITH THE WINDOWS DOWN
- BLOWING BUBBLES
- WATCHING FISH IN AQUARIUMS
- STACKING ROCKS
- EATING A POPSICLE WHILE TAKING A SHOWER
- TWISTING DOG TOYS
- 30 SECOND SHAKE OUTS
- SEWING
- SOUR CANDY LIKE WARHEADS
- LOOKING AT MEMES
- WEIGHTED BLANKET
- WATCHING TV SHOW BLOOPERS
- PLAY LOUD MUSIC WITH BASE TO MATCH HEART RATE AND LOWER IT WHEN CALM
- WALKING BAREFOOT
- ASMR VIDEOS
- LAYING ON A HEATING PAD
- ACTS OF KINDNESS
- LAYING UPSIDE DOWN
- PIMPLE POPPING VIDEOS
- PAINTING YOUR NAILS
- CONCERTS
- MATH PROBLEMS
- GOING FOR A DRIVE
- CROSSWORD PUZZLES
- KARATE/KRAV MAGA
- DRAWING ON YOUR SKIN
- PLAYING WITH CANDLE WAX
- BRAIDING YOUR HAIR
- TWIRL/SPIN AROUND
- WATCH VIDEOS OF GIGGLING BABIES OR PUPPIES
- DANCING
- BUBBLE WRAP
- PLAYING WITH RICE
- SCREAMING INTO A PILLOW
- SHUFFLE CARDS
- HOLDING ICE UNDER WARM WATER AND FEELING IT MELT
- PUTTING MAKEUP ON
- IF IN PUBLIC, CLOSE YOUR EYES AND LISTEN FOR HAPPINESS (LIKE PEOPLE LAUGHING)
- SING
- WRITING IN CURSIVE
- EATING SPICY FOOD
- CHEW MINTY GUM
- PLAY WITH KINETIC SAND
- KNITTING/CROCHETING
- FINGER PAINTING
- VOLUNTEERING