

COPING SKILLS

I can walk away.

If something is frustrating me, I can stop and try again later.
I can walk away from a frustrating situation.

I can use humor.

I can think of something funny when I'm feeling upset.
I can tell a joke, as long as it won't hurt anybody.

I can breathe or count.

I can breathe in through my mouth, out through my nose.
My stomach should expand, not my chest. (Think: Santa belly)
Imagine I'm smelling soup then blowing on it to cool it down.

I can exercise.

I can lift weights, run, jump, dance, walk, practice yoga, play sports.
Exercise makes the brain release mood-enhancing chemicals.

I can listen to music-- or make music.

Music makes the brain release mood-enhancing chemicals.
I can listen to songs that make me feel good.
I can learn how to play an instrument or sing.

I can think of something happy or funny.

I can take control of my emotions. I won't let them control me.
I can try to see the positive in my life.

I can surround myself with happy people or pets.

I can spend time with people who see the good in me.
I can avoid situations that make me feel bad about myself.
I can talk to people who I trust and who care about me.
I can smile at or help other people.

I can draw, write, scribble, paint, or build something.

I can do these things to express my feelings in a positive way.

List other ideas here:
