

## **COPING SKILLS:**

### **Positive Coping Skills**

Here's a list of coping skills that will help you when you are feeling strong emotions such as anger, anxiety, or depression. These activities are not likely to create more stress or problems, so these help you be more resilient and stress tolerant.

#### **Diversions**

1. Write, draw, paint, photography
2. Play an instrument, sing, dance, act
3. Take a shower or a bath
4. Garden
5. Take a walk, or go for a drive
6. Watch television or a movie
7. Watch cute kitten videos on YouTube
8. Play a game
9. Go shopping
10. Clean or organize your environment
11. Read
12. Take a break or vacation

#### **Social/Interpersonal (with others)**

1. Talk to someone you trust
2. Set boundaries and say "no"
3. Write a note to someone you care about
4. Be assertive
5. Use humor
6. Spend time with friends and/or family
7. Serve someone in need
8. Care for or play with a pet
9. Role-play challenging situations with others
10. Encourage others

#### **Cognitive**

1. Make a gratitude list
2. Brainstorm solutions
3. Lower your expectations of the situation
4. Keep an inspirational quote with you
5. Be flexible
6. Write a list of goals
7. Take a class
8. Act opposite of negative feelings
9. Write a list of pros and cons for decisions
10. Reward or pamper yourself when successful
11. Write a list of strengths
12. Accept a challenge with a positive attitude

**Tension Releasers**

1. Exercise or play sports
2. Catharsis (yelling in the bathroom, punching a punching bag)
3. Cry
4. Laugh

**Physical**

1. Get enough sleep
2. Eat healthy foods
3. Get into a good routine
4. Eat a little chocolate
5. Limit caffeine
6. Deep/slow breathing

**Spiritual**

1. Pray or meditate
2. Enjoy nature
3. Get involved in a worthy cause

**Limit Setting**

1. Drop some involvement
2. Prioritize important tasks
3. Use assertive communication
4. Schedule time for yourself