









# Coping Skills




What can you do, in this moment, to help yourself feel better?

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## Physical

-  Ask for a hug
-  Go for a walk
-  Exercise
-  Play with a pet
-  Use a weighted blanket
-  Practice yoga
-  Deep breathing
-  Rest with your legs up on the wall

## Mental/Emotional

-  Deep breathing
-  Let yourself cry
-  Count to 100
-  Call a friend
-  Practice mindfulness
-  Grounding
-  Random act of kindness
-  Take a nap

## Creative

-  Journal about your feelings
-  Paint/draw
-  Play/listen to music
-  Rearrange your room
-  Cook/Bake
-  Read
-  Make a gratitude list
-  Dance

**These are just a few of the many ways to help yourself cope with difficult feelings. Take some time to figure out what works best for you!**

**If nothing else seems to help, ask for help! You are not alone and this feeling will pass.**