

## **100 COPING SKILLS**

1. Breathe deeply: focus on each breath for 5 minutes.
2. Exercise (running, walking, etc.).
3. Write (poetry, stories, journal).
4. Scribble/Doodle on paper.
5. Be with people in your household.
6. Watch a favorite TV show.
7. Watch a movie on TV/DVD.
8. Do Crosswords or Word Search
9. Do school work.
10. Play a musical instrument.
11. Sing your favorite songs out loud.
12. Study the stars at night – find constellations.
13. Look for shapes in the clouds.
14. Let yourself cry, if you're sad.
15. Take a nap, if you're tired.
16. Take a relaxing bath/shower.
17. Play with a pet.
18. Teach your pet new tricks.
19. Clean something.
20. Fix a broken item.
21. Knit, crochet, or sew.
22. Read a good book.
23. Join the Ocean State Library: use online catalog to request books, movies, join library programs.
24. Listen to music.
25. Try aromatherapy (candles, essential oils)
26. Meditate (online/phone apps)
27. Bake a cake, pie or cookies.
28. Alphabetize your CDs/DVDs/Books.
29. Paint or draw.
30. Rip paper into shapes/create a design.
31. Shoot hoops/ Kick a ball.
32. Play old fashioned games (find online).
33. Make a Dream/Vision Board.
34. Hug a pillow or stuffed animal.
35. Write a letter to a distant friend/relative.
36. Hyper-focus on something like a leaf, rock, etc.
37. Dance.
38. Make hot cocoa, milkshake, smoothie.
39. Play with clay or make your own playdough.
40. Build a fort with pillows, chairs, blankets, etc.
41. Go for a long drive
42. Take a walk in a park or scenic area.
43. Take up a new hobby.
44. Download a new game app.
45. Look up a new recipe & make it.
46. Look up inspirational quotes.
47. Read your favorite religious texts.
48. Go on a Nature Walk – list things you see.
49. Learn about different faiths online.
50. Learn a new language online.
51. Learn about a different culture online.
52. Keep a journal of daily blessings every night.
53. Contact a mental health professional, if needed.
54. Call your doctor if you feel unwell – phone visit.
55. Stretch your muscles – find a video to follow.
56. Talk with a good friend/relative you trust.
57. Video chat with folks outside your household.
58. Check in on an elderly neighbor each day.
59. Cook a meal for an elderly/sick neighbor.
60. Buy groceries for a neighbor in need.
61. Perform random acts of kindness.
62. Smile at everyone you see.
63. Start a virtual book club with friends/coworkers.
64. Research historical world events.
65. Look up places you'd like to visit someday.
66. Color coordinate your wardrobe.
67. Shop online but don't purchase anything.
68. Hunt for the perfect house or car online.
69. Make as many words out of your full name as possible.
70. Sort through photographs/create photo albums.
71. Start a scrapbook of your favorite things, etc.
72. Call or text an old friend or relative.
73. Write yourself an "I Love You Because..." letter.
74. Rearrange your furniture.
75. Look up new words and use them.
76. Put together a jigsaw puzzle.
77. Create a Lego structure.
78. Do Yoga or learn Yoga for beginners.
79. Make lists of new goals for the week/month/year.
80. Start your Family Tree – ask relatives for info.
81. Join or start a Neighborhood Facebook Group.
82. Take time for personal hygiene.
83. Practice self-care to relax & destress each day.
84. Color with crayons or colored pencils
85. Plan a future party or event still several years away.
86. Jump rope, run in place, do lunges, do deep knee bends, run up & down stairs for cardio workout.
87. Schedule sharing time with household members on how your days went today.
88. Create a daily routine and stick to it.
89. Memorize a new song, poem or play.
90. Search for ridiculous things online.
91. Repurpose or recycle an old household item.
92. Laugh! Recall funny moments, stories, etc.
93. Take your prescribed medications on time/daily.
94. Mentor someone new to your profession/trade.
95. Feed the birds, squirrels, etc.
96. Join a support group – or create one.
97. Try an easy science experiment.
98. Learn Origami from online tutorials.
99. Play cards (solitaire or with household members).
100. Think positive thoughts.