

COPING TOOLS: What Helps Me

- Read A Book or Magazine 
- Hug or Climb a Tree 
- Journal or Write a Letter 
- Use Kind & Compassionate Self-Talk 
- Make a Collage or Scrapbook 
- Rest, Nap or Take a Break 
- Go on a Hike, Walk or Run 
- Take Good Care of the Earth 
- Drink Water 
- Play a Board Game 
- Do Something Kind 
- Make and Play with Slime 
- Discover Treasures in Nature 
- Take a Shower or Bath 
- Exercise 
- Drink a Warm Cup of Tea 
- Forgive, Let Go, Move On 
- Practice Yoga 
- Garden or Do Yardwork 
- Jump on a Trampoline 
- Cuddle or Play with Your Pet 
- Practice Gratitude 
- Do a Puzzle 
- Blow Bubbles 
- Smile and Laugh 
- Ride a Bike or Skateboard 
- Create Origami 
- Cook or Bake 
- Ask for Help 
- Talk to Someone You Trust 
- Weave, Knit or Crochet 
- Build Something 
- Get a Hug 
- Visualize a Peaceful Place 
- Stretch 
- Make Art 
- Use Positive Affirmations 
- Take Slow, Mindful Breaths 
- Clean, Declutter or Organize 
- Use Aromatherapy 
- Cry 
- Try or Learn Something New 
- Listen to Music 
- Use a Stress Ball or Other Fidget 
- Get Plenty of Sleep 
- Kick, Bounce or Throw a Ball 
- Take or Look at Photographs 
- Eat Healthy 
- Play Outside 
- Sing and/or Dance 

My Coping Survival Strategies Guide



...to remind yourself you are not alone



Best Listener and/or Hug-Giver



HUGS=Oxytocin Release, helping us to feel connected & loved

Best Ways to Get MOVING!

...to burn-off stress hormones & pump-in feel-good endorphins



BEST POSITIVE AFFIRMATION

Something Kind I Can Say to Myself When Life Gets Tough



What Makes Me **Smile** & **Laugh**



Just Breathe

...mindful breathing sends a message of peace to our minds, slows down our heart rate & reduces feelings of stress



Best Ways to **CHILL OUT** & Bring-In the **CALM**

What I Can Make, Create, Play or Build



MY TOP 3 COPING TOOLS

#1



#2



#3

