

COPING SKILLS



Have Fun

Listening to music, watch TV, play a game, spend time on your hobbies, do a puzzle, talk to a friend. Do something fun as a distraction.



Use your Senses

Smell something nice, notice the colours around you, walk barefoot in grass or sand, play with clay or slime, meditate or do some exercise.



Express Emotions

Laugh 'til it hurts, scream and yell, have a good cry, put on music you love and dance wildly. Let go of those emotions.



Love Yourself

Have a long bath or shower, organize your room, do your nails, enjoy your favorite meal, buy a nice treat for yourself.



Challenge Your Thinking

Write down negative thoughts and then list all the reasons they may not be true. Imagine someone you love had these thoughts – what advice would you give them?



Give of Yourself

Help someone, smile at people on the street, become a volunteer, do random acts of kindness.