



# 99 Healthy Coping Skills

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- Exercise
- Write in a journal
- Write poetry story
- Put on a fake tattoo
- Doodle something
- Be with other people
- Watch a tv show
- Watch a movie
- Go see a movie
- Solve a puzzle
- Play a musical instrument
- Do your nails
- Do your make up
- Do your hair
- Sing
- Take a nap
- Take a shower
- Take a bath
- Play with your pet
- Teach your pet a new trick
- Clean something
- Knit or crochet something
- Sew something
- Upcycle old furniture
- Learn a new skill
- Learn a cool new card trick
- Read a good book
- Listen to good music
- Try some aromatherapy
- Meditate
- Do some yoga
- Do some stretching
- Go for a walk
- Voluntere
- Try a new recipe
- Create a vision board
- Paint or draw
- Shoot hoops, kick a ball
- Dance or learn how to
- Make hot chocolate/ milkshake
- Play with clay/ playdough
- Go for a nice, long drive
- Get a massage
- Take up a new hobby
- Do food prep for the week
- Go outside for 15 min
- Make a list of blessings in your life
- Hang out with a friend
- Jump on a trampoline
- Play hopscotch
- Talk to your therapist
- Talk to a family member
- Ride a bicycle
- Feed birds, squirrels
- Coloring book for adults
- Memorize a poem/song you like
- Go to the gym
- Declutter your wardrobe
- Color coordinate your wardrobe
- "Shop" online without buying
- Make a favorite song playlist
- Plant some seeds
- Sort through/edit your pics
- Give yourself a facial
- Pamper yourself
- Play video/computer game
- Learn a card game
- Reorganize your space
- Reach out to a friend
- Look up new words and use them
- Rearrange furniture/room
- Put a puzzle together
- Clean your house/closet
- Try a cartwheel/handstand (safely!)
- Research a topic/interest
- Make a list of goals
- Perform a random act of kindness
- Practice deep breathing
- Blow bubbles
- Make your bed
- Compliment someone
- Listen to a podcast
- Jump rope
- Play solitaire
- Watch comedy
- Try a new hairdo
- Decorate your mirror with positive affirmations
- Do some diy and give them to you friends (cards, jewelry, keychains)
- Play hacky sack
- Slowly count to ten
- Hum/sing your favorite song
- Go for a relaxing drive
- Learn a new dance move
- Watch cute animal videos
- Do something nice for a friend
- Learn a new party trick
- Study a new language
- Learn a new skill
- Work on/clean your car/bike