COPING TOOLS: What Helps Me

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