

COPING

- Read a joke book
- Give yourself a pep talk
- Try deep breathing
- Talk to a trusted friend
- Make a to-do list
- Write in a journal
- Use progressive muscle relaxation
- Draw
- Listen to music
- List the things you feel grateful for
- Spend time outside
- Clean a small area of your house
- Read a book
- Meditate
- Use aromatherapy
- Play a board game

SKILLS

- Practice breathing exercises
- Color
- Do yoga
- Reframe the way you are thinking about the problem
- Use progressive muscle relaxation
- Picture your "happy place"
- Drink tea
- Squeeze a stress ball
- Put on lotion that smells good
- Look at photos that help you feel relaxed
- Look at pictures that make you happy
- Take a bath
- Use a relaxation app
- Go for a walk