











Coping Tools: What Comforts Me

○ Reading a book 	○ Riding a bike/skateboard
○ Creating craft or scrapbook	○ Cooking or baking 
○ Journal or letter writing	○ Asking for help
○ Taking a nap or rest	○ Talking to someone
○ Knit, sew or crochet 	○ Go on a hike, walk or run
○ Build something	○ Get a hug 
○ Play board game or video game	○ Picture a peaceful place
○ Take slow deep breaths	○ Take a shower or bath
○ Clean and organize	○ Exercise
○ Drink a warm cup of tea or coco	○ Have a healthy cry
○ Do yoga 	○ Listen to music 
○ Plant in the garden	○ Use a fidget, slime or stress ball
○ Get lots of sleep 	○ Hug or snuggle with your pet
○ Play ball or have a catch	○ Do a puzzle
○ Play outside	○ Sing 
○ Laugh and smile	○ Have a snack
○ Dance	○ Use positive & kind words
○ Pray 	○ Don't hold a grudge, move on
○ Spend time with family	○ Spend time with friends
○ Make art 	○ Discover treasures in nature