

# Coping Tools: What Helps ME!



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|--|---|
| <input type="radio"/> Read a book or magazine            | <input type="radio"/> Cook or bake                      |
| <input type="radio"/> Climb a tree or plant some flowers | <input type="radio"/> Talk to someone you trust         |
| <input type="radio"/> Journal or write a letter          | <input type="radio"/> Weave, knit, or crochet           |
| <input type="radio"/> Make a collage or scrapbook        | <input type="radio"/> Build something                   |
| <input type="radio"/> Rest, nap, or take a break         | <input type="radio"/> Visualize a peaceful place        |
| <input type="radio"/> Go on a hike, walk, or run         | <input type="radio"/> Talk to someone you trust         |
| <input type="radio"/> Drink water or a warm cup of tea   | <input type="radio"/> Make some art or do a craft       |
| <input type="radio"/> Play a board game or do a puzzle   | <input type="radio"/> Take slow, mindful breaths        |
| <input type="radio"/> Do something kind for someone else | <input type="radio"/> Clean, de-clutter, organize       |
| <input type="radio"/> Make & play with slime             | <input type="radio"/> Use aromatherapy                  |
| <input type="radio"/> Discover treasures in nature       | <input type="radio"/> Cry                               |
| <input type="radio"/> Relax with a hot shower or bath    | <input type="radio"/> Listen to music                   |
| <input type="radio"/> Exercise!                          | <input type="radio"/> Use a stress ball or other fidget |
| <input type="radio"/> Practice some yoga or stretches    | <input type="radio"/> Eat a healthy snack               |
| <input type="radio"/> Cuddle or play with your pet       | <input type="radio"/> Sing or dance                     |
| <input type="radio"/> Play outside or build a fort!      | <input type="radio"/> Laugh!                            |