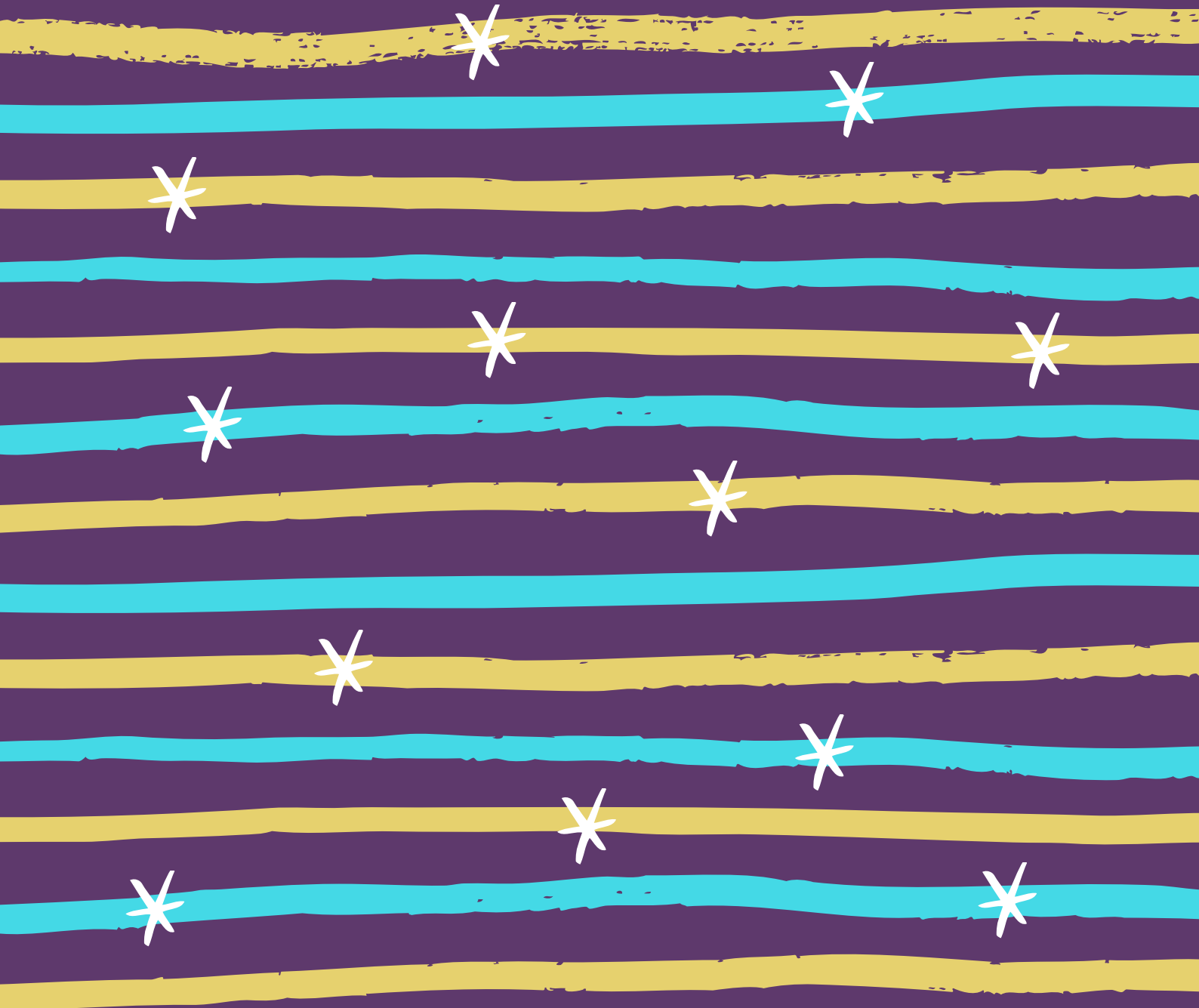


Coping Skills

When the world is a little crazy....

presented by:
Sasha Gray of Scattered Sasha



Coping Skills Checklist

Calming Skills

- Deep breathing
- Take a walk
- Yoga
- Imagine your favorite place
- Think of your favorite things
- Picture the people you care about
- Say the alphabet slowly
- Run water over your hands
- Carry a small object
- Touch things around you
- Move your body
- Make a fist, then release it
- Positive Self Talk
- Take a shower or bath
- Drink more water
- Block out noises

Coping Skills Checklist

Distraction Skills

- Write a story
- Crossword puzzles or board games
- Bake or cook
- Random acts of kindness
- Read
- Clean
- Play with a pet
- Screen time
- Start a garden
- Creative Thinking
- Plan an event
- Start a new hobby
- Start/finish a craft project
- Your favorite things
- Be silly and laugh
- Volunteer

Coping Skills Checklist

Physical Skills

- Squeeze something
- Use a stress ball
- Shred paper
- Pop bubble wrap
- Use a sand tray
- Hold a small stone
- Shuffle cards
- Use a fidget
- Walk/exercise
- Dance (always!)
- Punch a safe surface
- Be outside
- Make an obstacle course
- Swing
- Stretch
- Yoga

Coping Skills Checklist

Processing Skills

- Write in a journal
- Write songs
- Write poetry
- Draw
- Talk to someone you trust
- Color
- Create a playlist
- Write what's bothering you, then throw it away
- Write a letter to someone
- Use "I statements"
- Make a worry box
- Doodle
- Write music
- Sing
- Make up a new dance