Top 50 Coping Skills

- Allow yourself to cry
- Babysit a kid
- Call a good friend
- Clean the house
- Cook a meal
- Count your blessings
- Create a "Donation" pile
- Create a Thank you List
- Do a manicure
- Do a Pedicure
- Do Gardening
- Do Meditation
- Do something artistic
- Do Sudoku
- Do Yoga
- Doodle a diagram
- Focus on an object
- Go dancing (or dance at home)
- Go for a Run
- Go the Gym
- Go to a Garden
- Go to the library
- Go to the movies
- Go window shopping (online or around the corner)
- Greet people
- Learn a few foreign phrases
- Listen to music
- Make a Photo Album
- Organize the closet
- Plan a dream trip
- Play a musical instrument
- Play a sport

- Read a book
- Rearrange your furniture
- Ride a bike
- Sing Karaoke
- Smile
- Solve a crossword
- Sort your clothes
- Take a cold shower
- Take a Hike
- Take a nap
- Take a Walk
- Take a warm bath
- Visualize your future vividly
- Volunteer for a while
- Walk the dog or play with a pet
- Watch television (something fun)
- Write a letter (but not post it)
- Write a Poem/Haiku