



Coping Skills A to Z

A is for Activity. Do more of the things that you enjoy.

B is for Breathing. Take deep breaths in and out to feel calm.

C is for Create. Find creative ways to express yourself.

D is for Distraction. Keep busy by reading a book, playing a game or watching TV.

E is for Exercise. Get your body moving and have fun.

F is for Friends and Family. Spend time with the people who love you and make you feel good.

G is for Goal setting. Break goals down into smaller steps and work toward achieving them.

H is for Help. It's ok to ask for help. Everyone needs help sometimes.

I is for Ice. Cool your body down with ice cream, a cool bath or a fan.

J is for Joke. Laugh! It's good for you.

K is for Keep a scrapbook. You can go through it later and remember happy times.

L is for List. List 3 things you can see, 3 things you can touch and 3 things you can feel. This will keep you focused on the here and now.

M is for Music. Listen to your favorite tunes.

N is for Nurture. Take good care of yourself. You are precious.

O is for Organize. Clearing the space around you of clutter can help to clear your mind.

P is for Pets. Spend time with an animal. They are great for snuggles.

Q is for Quiet time. Keep things calm and peaceful around you.

R is for Relax. It's important and OK to take a break.

S is for Support networks. What people are around you that you can lean on for support?
And S is for Superflex! Can you call on some Thinkables to help you through?

T is for Try something new. You might find something new you enjoy and are good at.

U is for Use your talents and strengths. Focusing on what you do well can help build confidence.

V is for Visualize. Think of your happy or peaceful place.

W is for Write it down. Journal or record your thoughts and feelings.

X is for Xbox. It's OK to have downtime and to have fun!

Y is for You can do it! Use positive self talk. Speak to yourself the way you would a friend.

Z is for ZZZZ. Sleep on it. Sometimes things feel better when we give our body a good rest.