

# 99 Healthy Coping Skills on the wall

- 1) Exercise (running, walking, etc.).
- 2) Put on fake tattoos.
- 3) Write (poetry, stories, journal).
- 4) Scribble/doodle on paper.
- 5) Be with other people.
- 6) Watch a favorite TV show.
- 7) Post on web boards, and answer others' posts.
- 8) Go see a movie.
- 9) Complete a word search or crossword puzzle.
- 10) Do schoolwork.
- 11) Play a musical instrument.
- 12) Paint your nails, do your make-up or hair.
- 13) Sing.
- 14) Study the sky.
- 15) Punch a punching bag.
- 16) Cover yourself w/ Band-Aids where you'd cut.
- 17) Let yourself cry.
- 18) Take a nap (only if you are tired).
- 19) Take a hot shower or relaxing bath.
- 20) Play with a pet.
- 21) Go shopping.
- 22) Clean something.
- 23) Knit or sew.
- 24) Read a good book.
- 25) Listen to music.
- 26) Try aromatherapy (candle, lotion, room spray).
- 27) Meditate.
- 28) Go somewhere very public.
- 29) Bake cookies.
- 30) Alphabetize your CDs/DVDs/books.
- 31) Paint or draw.
- 32) Rip paper into itty-bitty pieces.
- 33) Shoot hoops, kick a ball.
- 34) Write a letter or send an email.
- 35) Plan your dream room (colors/furniture).
- 36) Hug a pillow or stuffed animal.
- 37) Hyper focus on something like a rock, hand, etc.
- 38) Dance.
- 39) Make hot chocolate, milkshake or smoothie.
- 40) Play with modeling clay or Play-Dough.
- 41) Build a pillow fort.
- 42) Go for a nice, long drive.
- 43) Complete something you've been putting off.
- 44) Draw on yourself with a marker.
- 45) Take up a new hobby.
- 46) Look up recipes, cook a meal.
- 47) Look at pretty things, like flowers or art.
- 48) Create or build something.
- 49) Pray.
- 50) Make a list of blessings in your life.
- 51) Read the Bible.
- 52) Go to a friend's house.
- 53) Jump on a trampoline.
- 54) Watch an old, happy movie.
- 55) Contact a hotline/ your therapist.
- 56) Talk to someone close to you.
- 57) Ride a bicycle.
- 58) Feed the ducks, birds, or squirrels.
- 59) Color with Crayons.
- 60) Memorize a poem, play, or song.
- 61) Stretch.
- 62) Search for ridiculous things on the internet.
- 63) "Shop" on-line (without buying anything).
- 64) Color-coordinate your wardrobe.
- 65) Watch fish.
- 66) Make a CD/playlist of your favorite songs.
- 67) Play the "15 minute game." (Avoid something for 15 minutes, when time is up start again.)
- 68) Plan your wedding/prom/other event.
- 69) Plant some seeds.
- 70) Hunt for your perfect home or car on-line.
- 71) Try to make as many words out of your full name as possible.
- 72) Sort through your photographs.
- 73) Play with a balloon.
- 74) Give yourself a facial.
- 75) Find yourself some toys and play.
- 76) Start collecting something.
- 77) Play video/computer games.
- 78) Clean up trash at your local park.
- 79) Perform a random act of kindness for someone.
- 80) Text or call an old friend.
- 81) Write yourself an "I love you because..." letter.
- 82) Look up new words and use them.
- 83) Rearrange furniture.
- 84) Write a letter to someone you may never send.
- 85) Smile at five people.
- 86) Play with little kids.
- 87) Go for a walk (with or without a friend).
- 88) Put a puzzle together.
- 89) Clean your room /closet.
- 90) Try to do handstands, cartwheels, or backbends.
- 91) Yoga.
- 92) Teach your pet a new trick.
- 93) Learn a new language.
- 94) Move EVERYTHING in your room to a new spot.
- 95) Get together with friends and play Frisbee, soccer or basketball.
- 96) Hug a friend or family member.
- 97) Search on-line for new songs/artists.
- 98) Make a list of goals for the week/month/year/5+
- 99) Face paint.