



## 150+ Coping Skills

- Go for a run
- Go for a walk
- Journal
- Write a story
- Write a poem
- Draw
- Colour
- Hangout with your friends
- Watch TV
- Go see a movie
- Have a movie night
- Do a crossword
- Do a word search
- Play a card game
- Play a board game
- Play an app on your phone
- Build a pillow fort
- Go for a drive
- Complete something you've been putting off
- Cook a meal
- Look at flowers
- Build something
- Go to a friends house
- Jump on a trampoline
- Pray
- Make a list of what you're grateful for
- Contact a hotline
- Ride a bike
- Make a list of your favourite coping skills
- Feed the ducks
- Make a playlist
- Plant some seeds
- Sort through your photographs
- Play with a balloon
- Give yourself a facial
- Start collecting something
- Play video games
- Clean up trash at a local park
- Perform a random act of kindness
- Rate your mood out of 10
- Garden
- Look up inspirational quotes
- Write a list of pros and con of your decisions
- Write a list of your strengths
- Take a nap
- Look at the clouds
- Sing • Do homework
- Play a musical instrument
- Paint your nails
- Do your makeup
- Do your hair
- Punch a punching bag
- Cover yourself with Band-Aids where you want to cut
- Let yourself cry
- Take a nap
- Take a shower

**For additional Support:**

[www.peaceinminds.org](http://www.peaceinminds.org)

[www.suicideprevention.ca](http://www.suicideprevention.ca)

Kids Help Phone: 1-800-668-6868

Ontario Crisis Line: 1-866-996-0991

Kingston Crisis Team: 1-866-616-6005

This document is a tool, not a safety plan. Use at your own risk. If you do not feel safe please call 911

Take a bath

- Play with a pet
- Go shopping
  - Dance
- Make hot chocolate
- Make a milkshake
- Make a smoothie
- Play with play-dough
- Draw on yourself with markers
- Take up a new hobby
- Cook a meal
- Build something
- Pray
  - Count your blessings
- Read the bible
- Go to a friend's house
- Write yourself an "I love you because..."

Letter

- Look up new words and use them
- Rearrange furniture
- Clean your room
- Clean your closet
- Put a puzzle together
- Yoga
  - Make a list of goals
  - Squeeze a stress ball
- Deep breathing with bubble
- Say the alphabet slowly
- Learn a new language
- Play Frisbee with a friend
- Look for new music
- Call an old friend
- Face paint
- Get a massage
- Play with a snow globe
- Do some knitting
- Look through a catalogue
- Watch sports
- Go Bird watching
- Shooting pool
- Make a collage
- Take some pictures
- \_\_\_\_\_
- \_\_\_\_\_

- Squeeze your fist then release
- Do a crossword puzzle
- Do a Sudoku puzzle
- Complete a thought record
- Hammer nails into a board
- Write a thank you note to someone
- Hum your favorite song
- Make a list of things that you love •
- Make a list of things you're good at •
- Make a scrapbook
- Clean something
- Knit or sew
- Read a good book
- Listen to music
- Try some aromatherapy
- Meditate
- Go somewhere very public
- Bake cookies
- Alphabetize CDs/DVDs/ books
- Paint or draw
- Rip paper into itty bitty pieces
- Shoot hoops
- Kick a ball
- Write a letter or email
- Plan your dream room
  - Hyper focus on something like a rock
- Watch a movie
- Call a hotline
- Call a friend
- Ride a bike
- Memorize a poem
- Stretch
- Browse the internet
- Color coordinate your clothes
  - Dance
  - Try to do a handstand
  - Try to do a cartwheel
  - Teach your pet a new trick
  - Count to 99 by 3s
  - List your emotions
  - Say "I can do this"
  - Jog in place
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