COPING TOOLS: What Helps Me

Read A Book or Magazine Hug or Climb a Tree	Ride a Bike or Skateboard Create Origami Cook on Polya
Use Kind & Compassionate Self-Talk Make a Collage or Scrapbook Rest, Nap or Take a Break Go on a Hike, Walk or Run	Cook or Bake Ask for Help Talk to Someone You Trust Weave, Knit or Crochet Build Something
Take Good Care of the Earth Drink Water Play a Board Game Do Something Kind Make and Play with Slime	Get a Hug Visualize a Peaceful Place Stretch Make Art Use Positive Affirmations
Discover Treasures in Nature Take a Shower or Bath Exercise Drink a Warm Cup of Tea	Take Slow, Mindful Breaths Clean, Declutter or Organize Use Aromatherapy Cry
Forgive, Let Go, Move On Practice Yoga Garden or Do Yardwork Jump on a Trampoline Cuddle or Play with Your Pet Practice Gratitude Do a Puzzle Blow Bubbles	Try or Learn Something New Listen to Music Use a Stress Ball or Other Fidget Get Plenty of Sleep Kick, Bounce or Throw a Ball Take or Look at Photographs Eat Healthy Play Outside
Smile and Laugh	Sing and/or Dance