

COPING STRATEGIES FOR YOUR TOOLBOX

Examples Of Coping Strategies

1. Play with a pet
2. Visualize something that makes you happy
3. Play sports or dance
4. Listen to music
5. Give someone a hug
6. Talk to someone you trust
7. Blow bubbles
8. Write in a journal
9. Do something fun with a parent
10. Tell a joke
11. Take deep breaths
12. Take time out
13. Work on a puzzle with someone you like
14. Build something
15. Say "I can do this!"

Discussion:

What coping strategies do you currently use? Which ones work?

List some new strategies for your toolbox, and practice them.

- 1.
- 2.
- 3.

