



GENERAL COPING SKILLS MASTERLIST

This list includes coping strategies that can be used before and after difficult conversations or that can be used to cope with stress more generally. Note that this is not an exhaustive list and not every item will work for everyone. Add items that work for you in each category! For strategies to use during difficult conversations, see the [Difficult Discussions Coping Strategies List](#).

DISTRACTION COPING SKILLS:

- Watch TV, movies, YouTube.
- Listen to different sounds such as audiobooks or music.
- Read books, graphic novels, comics.
- Watch something funny.
- Play a board game or video game.
- Play a puzzle or crossword.
- Play with a friend.
- Bake or cook.
- Do a craft project or art project.

ENERGY & MOVEMENT COPING SKILLS:

- Shake out each limb.
- Dance.
- Run or walk.
- Jump rope.
- Swing.
- Squeeze something.
- Exercise.
- Play a sport.
- Do wall push-ups.
- Use a punching bag.
- Do yoga or stretch.

GROUNDING/SENSORY COPING SKILLS:

- Do deep breathing by using the following techniques:
 - [Tracing your hand](#)

- Wave breathing: Lay down or sit in a comfortable position. You can keep your gaze on something in particular, or you can close your eyes if you choose. Place one hand on your chest and the other on your belly. Slowly inhale and exhale, noticing your hands rise and fall on your chest and belly. Notice the wave-like sensation of your hands. Continue to take deep inhaleds and exhales for one minute.
- [Shape breathing](#)
- Take a [nature walk](#) or [mindful walk](#).
- Listen to a [guided meditation practice](#).
- Imagine your favorite place. (Engage your senses by thinking about what it looks, smells, or sounds like.)
- Try [progressive muscle relaxation](#).
- Carry a small object (rock)
- Take a shower or bath
- Splash your face with cold water
- Drink water, tea, hot cocoa

PROCESSING COPING SKILLS:

- Journal
- Talk to someone you trust
- Write a letter to someone
- Write what's bothering you, and then throw it away
- Write your worries and put them away in a box
- Make a list of what you can control and what can't control to help you see what you can do to make yourself feel better
- Use positive self-talk: be kind to yourself and talk to yourself like you would to your friend
- Write poetry, songs or music
- Draw or make art

SOURCE:

<https://copingskillsforkids.com/>