

COPING SKILLS FOR TEENS

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- ★ Exercise (running, walking, weightlifting, etc.).
- ★ Draw on temporary tattoos with pen/markers
- ★ Create a blog or write a story
- ★ Draw/scribble/doodle on a piece of paper
- ★ Call/text/Snapchat a friend
- ★ Watch your favorite show
- ★ Seek out the company of others
- ★ Do your homework
- ★ Play an instrument
- ★ Sing and dance around your room
- ★ Paint your nails or do a makeup tutorial on YouTube
- ★ Learn a new hobby or activity on YouTube
- ★ Lay in the grass and look up at the sky
- ★ Punch a pillow
- ★ Watch a funny tv show
- ★ Talk to a family member
- ★ Organize your closet
- ★ Look for fun recipes online
- ★ Bake/cook that new recipe
- ★ Listen to music
- ★ Cry it out
- ★ Read a poem, book, news article, or magazine article
- ★ Watch a YouTube video of cute puppies or kittens
- ★ Go shopping for fuzzy socks
- ★ Take a bubble bath
- ★ Snuggle with your animals
- ★ Try some aromatherapy (candle, lotion, room spray)
- ★ Blow bubbles
- ★ Try progressive muscle relaxation
- ★ Go somewhere in public
- ★ Finger paint
- ★ Rip paper into itty-bitty pieces
- ★ Go outside and play sport
- ★ Write a letter and send it or don't
- ★ Plan your dream room/house
- ★ Hug a pillow or stuffed animal

- ★ Build a fort in your living room or bedroom
- ★ Make a “cozy corner” in your room
- ★ Paint rocks
- ★ Make a long list of things you are grateful for
- ★ Jump on a trampoline
- ★ Do a random act of kindness for a stranger
- ★ Look for inspirational images and quotes on Instagram
- ★ Take photos around your room or outside (of yourself or things)
- ★ Go for a drive
- ★ Play your favorite game on your phone or computer
- ★ Take a mental “vacation” and look at pictures of where you’d like to visit
- ★ Be assertive (say no to something)
- ★ Use humor (make a joke or send a silly Snapchat)
- ★ Give a friend/family member a compliment
- ★ Give yourself a compliment
- ★ Make a to do list
- ★ Make a “bucket list”

- ★ Find your “Mantra”/inspirational quote for the day and repeat it
- ★ Make a list of your strengths
- ★ Take a nap/go to bed early
- ★ Eat a piece of chocolate
- ★ Take 5 deep breaths
- ★ Do some Yoga (free on YouTube- Yoga with Adriene)
- ★ Go for a hike
- ★ Pray/meditate (use apps like Insight Timer, Calm app, etc.)
- ★ Look up volunteer opportunities
- ★ Color in an adult coloring book
- ★ Play a video game on your Switch, Xbox, PlayStation, etc.
- ★ Take BuzzFeed quizzes
- ★ Grounding (notice colors around you, textures, eat different snacks, etc.)
- ★ Scream into a pillow
- ★ Pop balloons
- ★ Take a cold shower
- ★ Take a thought and challenge it

★ Talk to your
therapist/write it down
for therapy