

General Coping Skills

- Listening to music
- Watching a favorite TV show
- Reading a favorite childhood book
- Baking something
- Journaling
- Writing letters
- Going on a walk
- Go for a drive
- Play a board game
- Clean your immediate space
- Volunteer (virtually)
- Make a list of goals
- [Gratitude list](#)
- Make a list of pros and cons for choices
- Make a list of favorite quotes
- Exercise
- Prioritize to-dos
- Spending time with pets
- Spending time with family
- Planning
- Drink water
- Socialize with friends
- Punch a pillow
- Throw eggs at trees/rocks/etc
- Stretch
- Burn your worries
- Sleep
- Playing a video game
- FaceTiming a friend
- Meditation
- Podcasts/audiobooks
- Hot bath/shower
- Movie night

Specific Coping Techniques

(Cognitive Behavioral Therapy and Dialectical Behavior Therapy based)

- Grounding exercises - To be used during moments of crisis
 - [54321](#)
 - [Body Scan](#)
 - [Square Breathing](#)
 - [Mental games](#)
- [Opposite Action](#)
- [Seven Column Thought Record](#) (Intrusive thoughts about hard situations)

- Journaling - Vent, write down a stream of consciousness
- Butterfly tapping
- [Self-talk](#)
- Write down negative/intrusive thoughts and rip them up, cut them, or burn them (safely)
- Self Soothing - Sensory
 - Chew gum, use nice-smelling lotion, take a shower, play your favorite music, stress toys
- Distraction
 - Play a video game, watch a movie or TV show, read a book, knit, play an instrument, drawing, etc
- Stepping away - Give yourself a break from whatever is distressing you, using coping skills, and return
- [Recognize cognitive distortions](#)
- [Building happiness](#)
- [Mindfulness](#)
- [Progressive muscle relaxation](#)
- [Decatastrophizing](#)