

Coping Skills Checklist

- Check off the ones that you do now
- Circle the ones you want to try
- Cross off the ones that don't work
- Add your own ideas or proven methods

Calming Skills

- Deep breathing using a feather
- Take a mindful walk
- Yoga
- Imagine your favourite place
- Think of your favourite things
- Picture the people you care about
- Say the alphabet slowly
- Remember the words to a song you love
- Run water over your hands
- Carry a small object
- Touch things around you
- Make a fist then release it
- Positive self-talk
- Take a shower or bath
- Have a drink of water
- Count slowly
- Block out noises
- Take a break
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Distraction Skills

- Write a story
- Do a crossword or Sudoku puzzle
- Bake or cook
- Volunteer in your community
- Do a random act of kindness
- Read
- Clean
- Play with a pet
- Play a board game
- Call a friend
- Do some gardening
- Start a new hobby
- Begin a crafting project
- Do your favourite things
- Laugh
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