Coping Skills

STRONG4LIFE

Children's Healthcare of Atlanta

Coping skills are tools or strategies anyone can use to manage their feelings, reduce stress and become more resilient (better able to handle life's ups and downs). What works for you one day may not work the next, so build your coping skills toolbox by learning and practicing lots of different strategies.

The options are limitless, but here are some coping skills ideas to get you started:

Be active	Find your calm	Get creative	Connect with others	Shift your mindset
Put on music and **dance**	Take some **deep breaths**	**Color, draw** or **paint**	Cuddle or play with your **pet**	Think of something **positive**
Build with Legos or blocks	Listen to music or **sing a song**	Play with **Play-Doh or sand**	**Read a book** with someone	Focus on one thing you're **grateful** for
Do 10 **jumping jacks**	Close your eyes and **count to 10** or backward from 100	Play an **instrument**	**Play a game** with a friend or family member	Identify your top three **strengths**
Run in place for 20 seconds	Take a **quiet break** or rest	Make up a **song**	Work with someone on a **puzzle**	Think about something you're **looking forward to**
Bounce a ball or play catch	Have a drink of **cold water**	Write about your **thoughts or feelings**	Write someone **a letter**	Focus on the **present moment**
Go for a **walk, run or hike**	Blow **bubbles**	Create a **dance**	**Share your feelings** with someone you trust	Think about something that **makes you laugh**
Squeeze a stress ball	Think of a calm, **happy place**	Write a **poem**	**Ask** for help	**Practice reframes** ("I didn't fail; I learned")
Do **yoga** or stretch	Look at pictures of a **favorite memory**	Make up a **new game**	**Call a friend** to catch up	**Focus on** what is in your control

Coping skills I already use:	**Coping skills** I'd like to try:

It is difficult to learn something new when we are anxious, angry or distracted, so try to practice any new coping skills when you are calm.