

Coping skills

Coping is when you use conscious effort to remedy or solve emotional, personal and or interpersonal problems; Coping skills also helps to master, minimize or tolerate stress or conflict.

The effectiveness of the coping efforts...or how well a person copes depends on the type of stress, the conflict, the personality etc., and the circumstances. Below are a few examples of coping tools/skills:

Aromatherapy
Ask for clarity
Ask for help
Ball scrap paper up and throw at a wall
Be /practice Calm
Be /practice Mindful-Aware
Be /practice Patience
Be /practice Still
Breathe deeply
Blow bubbles
Clean or organize
Color/Paint
Cook/ Bake something old or new (try new recipes)
Dance
Drawing
Do a puzzle
Exercise
Forgive-let go
Gratitude practice
Guided imagery- visualization
Gardening
Hyper focus on an object
Journal
Listen to music
Look at myself in the mirror and know that others have been in my situation

Meditate
Minimize clutter
Memorize a poem
Notice positivity around me
Paint
Positive self-talk
Pray
Read spiritual inspirational books
Reassure self
Remember good times
Ride a bike
Say Positive Affirmations
Shower
Sing
Squeeze a stress ball
Smile & laugh
Sky watch
Take a walk
Take a break-time out
Talk it out loud to self and or others
Talk to a friend or counselor about it
Think about the positive things about you
Volunteer
Window shop
Work on a puzzle
Write a letter
Watch a funny video



---And many more---