

Positive Coping Skills

Here are examples of positive coping skills. Not all of these strategies may feel right for you -- try a few and see how they work.

1. Distract yourself.

Absorb your mind in something else.

- have a conversation
- listen to music
- do puzzles
- watch TV
- play a computer game
- play a board game
- play a card game
- solve a problem
- make a list
- learn something new
- clean, declutter, or organize
- garden
- color or do arts and crafts

2. Grounding techniques.

Get out of your head and into your body and the world.

- use your body and senses
- smell fragrances
- slowly taste food
- notice the colors around you
- walk on the grass barefoot
- squeeze clay or mud
- do yoga
- meditate
- exercise
- practice box breathing

3. Emotional release.

Let it out!

- yell
- scream
- run
- take a cold shower
- let yourself cry
- watch funny videos and let yourself laugh
- try boxing, popping balloons, or listen to music and dance

4. Self love.

Be kind to yourself.

- massage your hands
- paint your nails
- cook a special meal
- make your bed
- take a bubble bath or long shower
- brush your hair
- buy a small treat
- drink a warm cup of tea

5. Think about your thoughts.

Pay attention to your thought patterns.

- write down negative thoughts then list all the reasons why they may not be true
- imagine someone you love had those thoughts - what advice would you give them?

6. Shift your focus to other people.

Pay attention to other things going on around you.

- help someone else
- smile at a stranger
- pray
- volunteer
- do random acts of kindness
- serve others

7. Self-soothing.

Comfort yourself through your five senses.

- listen to soothing music
- sit outside and listen to the sounds of nature
- take a hot bath or shower
- hold a pillow, stuffed animal, or other soothing object
- place a cool cloth on your face

- hold something cool such as a can of sparkling water
- hold something warm such as a cup of coffee
- slowly stretch your muscles
- remind yourself where you are and that you are safe
- use aromatherapy

8. Spiritual.

- guided meditation
- read the Bible
- do a devotional
- find spiritual community
- journal
- pray
- practice mindfulness throughout the day
- connect with a spiritual mentor
- be in nature
- serve someone else
- listen to an online sermon

- go to church
- listen to worship music
- volunteer for a cause
- make a list of things you are grateful for
- seek biblical counseling

9. Mental.

- reach out for support
- repeat positive affirmations
- read a self-help book
- talk to a friend
- find a hobby
- buy yourself a present
- watch a movie
- watch something that makes you laugh
- journal
- do a puzzle or crossword
- write down your thoughts
- engage your senses
- do a craft

10. Physical.

- exercise
- eating something healthy
- take a hot bath or shower
- practice deep breathing exercises
- take a walk outside
- abstain from caffeine and alcohol
- do yoga

- listen to your body's signals
- go swimming
- get a massage
- take a nap / get enough sleep
- stretch your body
- take a vacation
- turn off your phone

11. Emotional.

- listen to music
- cry
- see a counselor
- join a support group
- think about your positive qualities
- practice self-compassion
- cook or bake
- knit
- get a manicure or pedicure
- go shopping
- meditate
- sing
- play with your pet or child
- speak life over yourself
- look at photos associated with positive memories

