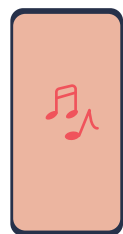


101 Coping Skills For Teens

SING A SONG



Listen to Music

write down current & future goals

LEARN SOMETHING NEW

Paint Outside

WATCH

practice YOGA

BRAINSTORM SOLUTIONS

STRETCH

Count to **100** or **1000**
Use essential oils

Watch **SUNSET**

Tell yourself :

- Relax it's Okay
- I can Handle This
- I Got this
- I'm in control of my self
- I'm not going to let this get to me
- I have faith this will work out
- I can be patient in this moment
- I'm letting this one go
- I can find the humor here
- Something good will come from this
- What can I learn from this situation?

Go For A Brisk Walk

USE A STRESS BALL

Go to a park

Say **YES** to social opportunities

Forgive Someone

BAKE

Clean or Organize your bedroom

Call a Friend

Watch Funny YOUTUBE Videos

EXERCISE

Get out in the Sun

TAKE A NAP

PLAY a sport

WATCH AN INSPIRATIONAL MOVIE

Replace negative thoughts with positive thoughts

write a list of your **TOP 10** Coping Skills

COMPLIMENT SOMEONE

“**Read Inspirational Quotes**”

Yell Into a Pillow

THINK OF THINGS YOU ARE GRATEFUL FOR

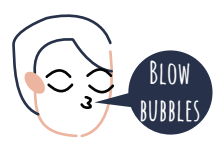
MASSAGE your NECK & SHOULDERS

Get up and move around

PET an ANIMAL

TAKE a warm bath or a cold shower

VISUALIZE Yourself calming down



PLAY A CARD GAME

Do a Puzzle

DAYDREAM

Close your eyes and Relax

LAUGH

PLAY MUSIC
On an instrument

Write a Poem

RIDE a Bike

Spend Time In Nature

Listen to Birds
Make a Collage

STAR GAZE

get a HUG

THINK of a peaceful PLACE

Take Three Deep Belly Breaths



GO

To the Library
To a Movie
Fishing
Swimming

WRITE A POEM

Unplug from electronics

Go For a Jog

Engage In a Hobby

List + Your + Positive + qualities

Write a Letter

Eat healthy food

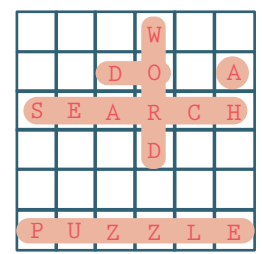
Write in a Journal

Garden

MEDITATE

TAKE A BREAK

Drink Hot Tea



Dance

Journal

BUILD SOMETHING

Talk to Someone you trust

Squeeze ICE

Rip up News paper

Practice Tai Chi or Qi gong
Practice Mindfulness

DONT!
be so hard on yourself



GO FOR A HIKE

Limit Caffeine



Take Pictures

DRINK GET A GLASS OF WATER

VOLUNTEER

USE A

RELAXATION APP

101 Coping Skills For Teens

- 1) Bake
- 2) Blow bubbles
- 3) Brainstorm solutions
- 4) Build something
- 5) Call a friend
- 6) Clean or organize your bedroom
- 7) Close your eyes and relax
- 8) Color
- 9) Compliment someone
- 10) Cook dinner for your family
- 11) Count to 100 or 1000
- 12) Cry it out
- 13) Dance
- 14) Daydream
- 15) Do a puzzle
- 16) Do a word search puzzle
- 17) Don't be so hard on yourself
- 18) Draw
- 19) Drink hot tea
- 20) Eat healthy foods
- 21) Engage in a hobby
- 22) Exercise
- 23) Feel your pulse
- 24) Forgive someone
- 25) Garden
- 26) Get a drink of water
- 27) Get a good night's sleep
- 28) Get a hug
- 29) Get out in the sun
- 30) Get up and move around
- 31) Go fishing
- 32) Go for a brisk walk
- 33) Go for a hike
- 34) Go for a jog
- 35) Go swimming
- 36) Go to a movie
- 37) Go to a park
- 38) Go to the library
- 39) Laugh
- 40) Learn something new
- 41) Limit caffeine
- 42) Listen to birds
- 43) Listen to music
- 44) List your positive qualities
- 45) Make a collage
- 46) Massage your neck and shoulders
- 47) Meditate
- 48) Paint outside
- 49) Pet an animal
- 50) Play a card game
- 51) Play a sport
- 52) Play music on an instrument
- 53) Practice mindfulness
- 54) Practice tai chi or qi gong
- 55) Practice yoga
- 56) Read inspirational quotes
- 57) Replace negative thoughts with positive thoughts
- 58) Ride a bike
- 59) Rip up newspaper
- 60) Say YES to social opportunities
- 61) Sing a song
- 62) Spend time in nature
- 63) Squeeze ice
- 64) Stargaze
- 65) Stretch
- 66) Take a break
- 67) Take a cold shower
- 68) Take a nap
- 69) Take a warm bath
- 70) Take pictures
- 71) Take three deep belly breaths
- 72) Talk to someone you trust
- 73) Tell yourself I can be patient in this moment
- 74) Tell yourself I can find the humor here
- 75) Tell yourself I can handle this
- 76) Tell yourself I got this
- 77) Tell yourself I have faith this will work out
- 78) Tell yourself I'm in control of myself
- 79) Tell yourself I'm letting this one go
- 80) Tell yourself I'm not going to let this get to me
- 81) Tell yourself relax it's okay
- 82) Tell yourself something good will come from this
- 83) Tell yourself what can I learn from this situation?
- 84) Tense and relax your muscles
- 85) Think of a peaceful place
- 86) Think of three things you are grateful for
- 87) Unplug from electronics
- 88) Use a relaxation app
- 89) Use a stress ball
- 90) Use essential oils
- 91) Visualize yourself calming down
- 92) Volunteer
- 93) Watch an inspirational movie
- 94) Watch funny YouTube videos
- 95) Watch the sunset
- 96) Write a letter
- 97) Write a list of your top ten coping skills
- 98) Write a poem
- 99) Write down current and future goals
- 100) Write in a journal
- 101) Yell into a pillow