

Emotional Coping

- Deep breathing (ex: box breathing, 4-7-8)
- Journaling what you are feeling and thinking
- Naming your emotions out loud
- Using positive self-talk or affirmations
- Allowing yourself to cry
- Practicing gratitude (list 3 things)
- Reframing unhelpful thoughts
- Talking to a trusted friend
- Make a reflective piece of artwork
- Practicing self-compassion phrases

Mental Coping

- Grounding with the senses (ex: 5-4-3-2-1)
- Solving a puzzle or brain teaser
- Doing a mindfulness exercise
- Engaging in a hobby that requires focus
- Visualizing a safe, calm place
- Creating a coping plan or list
- Reading something uplifting
- Listening to an audiobook or podcast
- Doing a 1-minute distraction task (ex: categories, alphabet game)
- Making a simple to-do list for clarity

Physical Coping

- Unclench your jaw and relax your shoulders
- Stretching your body
- Taking a short walk outside
- Shaking out tension in your hands/arms
- Trying progressive muscle relaxation
- Drinking cool water

- Changing your posture (ex: open shoulders, uncross legs)
- Put on a favorite song and dance around
- Doing yoga or a gentle movement routine
- Taking a warm shower or bath
- Using a warm or cold compress
- Cleaning or organizing a small space

Sensory & Soothing Coping

- Holding something soft or comforting
- Using essential oils or a pleasant scent
- Listening to calming music
- Using a weighted blanket or heavy pillow
- Lighting a candle (if safe)
- Wrapping yourself in a cozy blanket
- Drinking a warm beverage
- Touching something with an interesting texture (ex: fidget)
- Watching calming videos
- Sing a song out loud
- Practicing mindful eating with one small snack

Connection-Based Coping

- Calling or texting a friend
- Talking to a supportive family member
- Joining an online support group
- Writing a letter you won't send
- Spending time with a pet
- Helping someone else in a small way
- Spending time around safe people
- Asking for help when you need it
- Sharing how you feel, even briefly
- Giving or receiving a hug
- Call a warmline or hotline for support