

Coping Skills Tool Box

Some problems need different tools (hammer vs. screwdriver) than other problems. Some days the same problem needs a different tool (drill) than the day before (screw driver). If one tool doesn't work, try another.



Feel feelings	Examine your motives	Use your creativity
Stretch	Recognize your amount of control over matter	Use mindfulness
Take account of positive traits	Consider consequences	Talk about your concerns
Acceptance of situation, feelings, self, others	Have delicious meal	Bathe
Align self with values	Singing, playing, listening to music	Walk
Stand in Super(wo)man pose	Schedule grief in small daily doses	Pray
Spend time with others	Validation by self or others	Practice hobby
Have fun	Reading	Take solitude
Cry	Breathing exercises	Spiritual practice
Laugh	Write letter that you do not send	Self compassion
Make art	Physical touch or hugs	Make gratitude list
Throw something benign	Exercise or sports	Spend time in nature
Yell into pillow or at sky	Explore beneath cover emotions	Recall happy times
Write in journal	Be aware of own triggers	Spend time with pet
Thought defusion	Make a plan	Martial arts
Dance	Guided or self-led meditation	Spend time with friends & loved ones
Listen to bilateral music	Care for your body	Use positive thoughts
Be of service to others	Yoga	Grieve
Organize or clean	Ask "What does this reminds me of in my past....?"	Take action
Do chores	Pause	Alternate listening to music that matches mood with calming music
Distraction	Pound pillow	
Give self a pep talk	Sleep, if tired	
Use fidget toys and squeeze things	Eat, if hungry	
	Grounding techniques	
	Noticing impact of negative thoughts	
	Do a reality check	
	Massage	

