

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
Hum or chant
Take account of positive traits
Acceptance of situation, feelings, self, others
Align self with values
[Stand in Super\(wo\)man pose](#)
Spend time with others
Have fun
Cry
Laugh
Make art
Throw something benign
Yell into pillow or at sky
Write in journal
[Thought defusion](#)
Dance
Listen to [bilateral music](#)
Be of service to others
Organize or clean
Do chores
Distraction
Give self a pep talk
Use fidget toys and squeeze things

Examine your motives
Recognize your amount of control over matter
Consider consequences
Have delicious meal
Singing, playing, listening to music
Schedule grief in small daily doses
Validation by self or others
Reading
[Breathing exercises](#)
Write letter that you do not send
Physical touch or hugs
Exercise or sports
Explore beneath cover emotions
Be aware of own triggers
Make a plan
Guided or self-led [meditation](#)
Care for your body
Stretch or Yoga
Ask "What does this remind me of in my past....?"
Pause
Pound pillow
Sleep, if tired
Eat, if hungry
[Grounding techniques](#)
Noticing impact of negative thoughts
Do a reality check
Massage

Use your creativity
[Use mindfulness](#)
Talk about your concerns
Bathe
Walk
Pray
Practice hobby
Take solitude
Spiritual practice
[Self compassion](#)
Make gratitude list
Spend time in nature
Recall happy times
Spend time with pet
Martial arts
Spend time with friends & loved ones
Use positive thoughts
Grieve
Take action
Alternate listening to music that matches mood with calming music
[Watch Animal Cams](#)
Drumming

