STRATEGIC COUNSELING SOLUTIONS
HOPE, HEALING & RESTORATION

COPING SKILLS IDEAS

CHECK THE ONES THAT YOU USE OR WOULD LIKE TO TRY

- [ ] Journal
- [ ] Take a walk
- [ ] Workout
- [ ] Practice breathing exercises
- [ ] Call a friend or family member
- [ ] Pray/read Bible or Devotional
- [ ] Arts and crafts or a hobby

- [ ] Read
- [ ] Listen to music
- [ ] Watch TV/movies
- [ ] Take a bath/shower
- [ ] Take a nap
- [ ] Get a massage
- [ ] Go to a park

- [ ] List the things you like about yourself
- [ ] List the things you are thankful for
- [ ] Work on a puzzle
- [ ] Clean/Organize your space
- [ ] Pet your dog/cat
- [ ] Plant some flowers
- [ ] Cook a healthy meal

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Form created by Lori Allen, LPC-S April 2020