

100 Coping Skills

These are organized from least involved to more involved. Select based on what you need now.

If the list feels overwhelming, just start with one. :)

Fast-Acting / Body-Based

1. Take 10 slow breaths, making the exhale longer than the inhale
2. Try box breathing: in for 4, hold for 4, out for 4, hold for 4
3. Do 20 jumping jacks or run in place for one minute
4. Press your feet firmly into the floor and notice the pressure
5. Squeeze your fists tightly for 5 seconds, then release — repeat several times
6. Do a quick set of push-ups, squats, or wall push-ups
7. Shake out your arms and legs, like shaking off water
8. Give yourself a firm self-hug and hold for a few breaths
9. Hum or sing a low note and let it vibrate for a few breaths
10. Do a standing forward fold and let your head and arms hang loosely
11. Stomp your feet several times, one foot at a time
12. Clap your hands in a steady rhythm for 30 seconds
13. Take a brisk walk around the block or up and down stairs
14. Do slow progressive muscle relaxation — tense and release each muscle group
15. Roll your shoulders and neck slowly in each direction

Sensory Grounding

16. Do the 5-4-3-2-1 exercise: 5 things you see, 4 you hear, 3 you touch, 2 you smell, 1 you taste
17. Hold a textured object (a stone, stress ball, piece of fabric) and notice how it feels
18. Smell something comforting and familiar, like lotion or coffee
19. Listen closely for one minute and count how many different sounds you notice
20. Notice the weight of your body in the chair and your feet on the floor
21. Wrap yourself in a soft blanket and notice its texture and weight
22. Look closely at an object nearby, its color, shape, and texture
23. Chew a piece of gum and notice how the taste and texture change
24. Listen to a favorite song and pick out each instrument you can hear
25. Step outside and notice the air on your skin
26. Touch a few different textures in the room, one at a time
27. Name five colors you can see around you right now
28. Watch a candle flame, or a video of one, flicker
29. Notice your breath moving in and out without trying to change it
30. Trace the outline of your hand slowly with a finger
31. Listen to nature sounds, rain, or white noise
32. Squeeze a stress ball or putty for a few minutes
33. Hold a smooth stone or shell and notice its weight and texture
34. Watch the clouds or sky and describe their shapes to yourself
35. Notice three smells in your environment, one at a time

100 Coping Skills

Movement & Physical Release

36. Take a walk, especially somewhere with fresh air
37. Go for a bike ride
38. Do yoga or stretch slowly
39. Dance to a favorite song
40. Shoot hoops or kick a ball around
41. Play frisbee, soccer, or basketball with someone
42. Try a handstand, cartwheel, or backbend
43. Rearrange or reorganize a drawer, closet, or room
44. Go for a long drive with music on
45. Tend a garden — plant something or care for what's growing
46. Teach your pet a new trick
47. Rip paper into small pieces
48. Walk barefoot on grass
49. Play a physical video game (dance or sports style)
50. Clean or organize a small space (junk drawer, cupboard)

Creative & Expressive

51. Paint, or color in a coloring book
52. Draw or doodle freely, no goal in mind
53. Write a letter or note to someone (send it or don't)
54. Journal about what you're feeling, without editing
55. Put together a puzzle
56. Play with modeling clay or Play-Doh
57. Build a pillow fort
58. Take photos of small things that catch your eye
59. Write or play music
60. Bake or cook something new
61. Make a vision board or plan your dream room
62. Write a poem or short story
63. Look through old photos and set a few favorites aside
64. Sing along to music, even loudly
65. Follow a new recipe from start to finish



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Soothing & Comfort

66. Take a long warm bath or shower and let yourself disconnect
67. Give yourself a hand or foot massage, or use a mask
68. Curl up with a pet
69. Hug a pillow or stuffed animal
70. Make a warm drink — tea, hot chocolate, or a smoothie
71. Burn incense or light a favorite candle
72. Give yourself a facial
73. Put on cozy clothes and wrap up in a soft blanket
74. Dim the lights and rest quietly for a few minutes
75. Listen to lo-fi or calming music
76. Watch a nature documentary
77. Read a comforting, familiar book
78. Blow bubbles
79. Sit somewhere with natural light for a few minutes
80. Give yourself permission to just rest, no agenda

Connection & Support

81. Talk to someone you trust
82. Hug a friend or family member
83. Call or text a friend just to check in
84. Ask for a hug or physical comfort from someone safe
85. Spend time with friends or family
86. Reach out to a support group or community
87. Ask someone to sit with you, even in silence
88. Share how you're feeling with someone you trust
89. Set a boundary or say no to something adding to the stress
90. Ask someone close to you for a small favor or help

Cognitive Reset (once things feel calmer)

91. Make a gratitude list
92. Write a list of your strengths
93. Brainstorm possible next steps or solutions
94. Write a list of pros and cons for a decision you're facing
95. Keep an encouraging quote or phrase nearby to reread
96. Make a short list of goals for the day or week
97. Remind yourself of a time you got through something hard
98. Write down one small, doable next step
99. Practice a self-compassion phrase, like "this is hard, and I'm doing my best"
100. Reflect on what you need right now and name it out loud